

Nature Trails:-

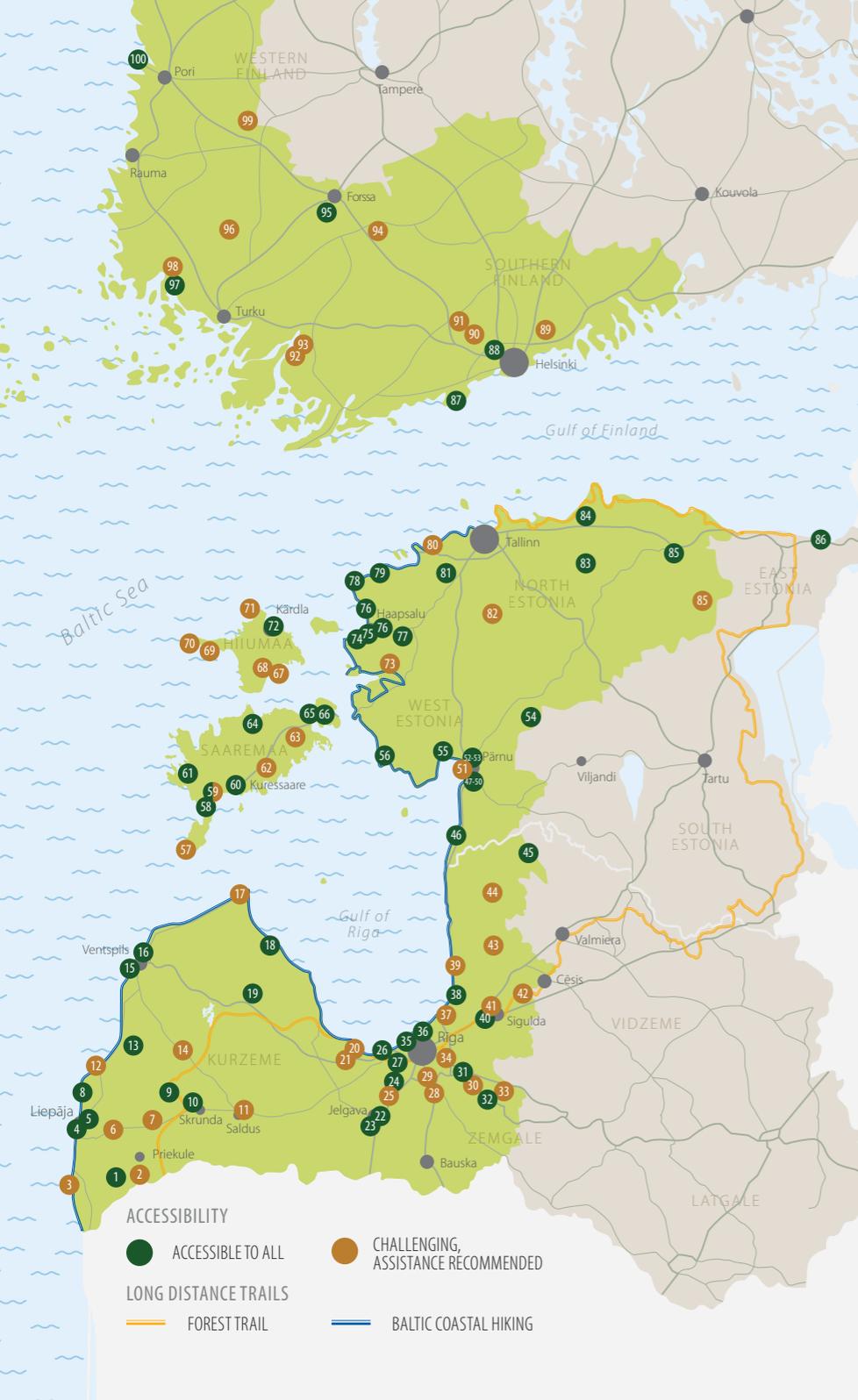
Latvia • Estonia • Finland



Pictograms

 LOCATION	 OPENING HOURS	 TYPE	 GETTING THERE
 GPS COORDINATES	 ENTRANCE FEE	 OBSTACLES	 RULES TO FOLLOW
 HIKING TIME	 MARKING	 TRAIL SURFACE	
 DISTANCE	 SLOPE	 INFO	

 ACCESSIBLE TO WHEELCHAIR USERS	 PARKING LOT	 BICYCLE RENT	 ANIMAL FEEDING FORBIDDEN
 ACCESSIBLE TO WHEELCHAIR USERS WITH ASSISTANCE	 INFORMATION STAND	 BOAT/ CATAMARAN RENT	 TREE CUTTING FORBIDDEN
 ACCESSIBLE WITH BABY-STROLLERS	 WI-FI	 POSSIBLE TO LAUNCH THE BOAT	 DON'T CROSS THE BARRIER
 AUDIO RECORDED INFORMATION	 DRINKING WATER	 AMUSEMENT ACTIVITIES/ PLAYGROUND/ OPEN-AIR GYM DEVICES/SWINGS	 DON'T STEP OFF THE TRAIL
 TACTILE INFORMATION/ TACTILE OBJECTS/ INFORMATION IN BRAILLE	 CATERING	 MECHANICAL VEHICLES ALLOWED	 CAMPFIRES FORBIDDEN
 BLIND GUIDANCE LINE	 GUEST HOUSE/ HOTEL	 CLIFF/ STEEP COAST/ SLOPE	 TENTING FORBIDDEN
 WALKING	 CAMPING/ LAPP HUT	 DURING RAIN AND IN WINTER THE TRAIL IS SLIPPERY	 FISHING FORBIDDEN
 NORDIC-HIKING	 TENTING AREA	 KEEP SILENCE	 SWIMMING FORBIDDEN
 SKIING	 HUT/SHED	 PETS ALLOWED	 CAR DRIVING FORBIDDEN
 ROLLER SKATING	 COOKING SHELTER	 WASTE BINS	 CARAVAN PARKING FORBIDDEN
 CYCLING	 TABLE/ RESTING AREA	 TAKE OUT WHAT YOU BRING IN	 MECHANICAL VEHICLES FORBIDDEN
 SWIMMING ALLOWED	 BENCH	 SMOKING FORBIDDEN	 PETS FORBIDDEN
 BOATING ALLOWED	 FIREWOOD AVAILABLE	 WRITING/ PAINTING FORBIDDEN	
 FISHING ALLOWED	 CAMPFIRE SITE	 PLANT PICKING FORBIDDEN	
 WC OR DRY CLOSET	 WATCHING TOWER		
	 VIEWING PLATFORM		



- Content -

LATVIA

- 1 KALĒTI FOREST PARK PRIEDIENS
- 2 GRAMZDA FOREST PARK TRAIL
- 3 BERNĀTI BEACH BOARDWALK
- 4 LIEPĀJA SEASIDE PARK
- 5 LAKE LIEPĀJA ZIRGU ISLAND TRAIL AND LAKE LIEPĀJA BOARDWALK
- 6 ĀLANDE RIVER PARK TRAIL
- 7 DURBE CASTLE MOUND TRAIL
- 8 PATHS AT DVĒSELES VELDZES DĀRZS
- 9 KAZDANGA PARK
- 10 SKRUNDA WALKING PATH
- 11 CIECERE NATURE TRAIL IN SĀLDUS
- 12 PĀVILOSTA BEACH BOARDWALK
- 13 ŽIBGRAVA NATURE TRAIL
- 14 THE RIVER VENTA LEFT BANK TRAIL
- 15 VENTSPILS SEASIDE PARK
- 16 LAKE BŪŠNIEKI NATURE TRAIL
- 17 KOLKA PINE TRAIL
- 18 WALKING PATH AT ROJA BEACH
- 19 TALSĪ PROMENADE

- 20 KUPSKALNI NATURE TRAIL
- 21 TRAIL IN BLACK-ALDER SWAMP
- 22 FLOOD-LAND MEADOWS OF THE RIVER SVĒTE
- 23 JELGAVA PASTA ISLAND
- 24 OLAINĒ FOREST PARK
- 25 LĪDUMU QUARRY NATURE TRAIL
- 26 DZINTARI FOREST PARK
- 27 RHODODENDRON PLANTATION AT BABĪTE
- 28 ĶEKAVA PARK
- 29 PATHS AT DOLE MANOR PARK
- 30 SALASPILS BEACH
- 31 NATIONAL BOTANIC GARDEN
- 32 DAUGAVA PROMENADE IN OGRE AND IKŠKĪLE
- 33 PROMENADE ALONG THE COAST OF THE RIVER OGRE
- 34 LAKE ULBROKA NATURE TRAIL
- 35 DAUGAVGRĪVA NATURE TRAIL
- 36 MANGĀLSALA WALKING PATHS
- 37 GARCIEMS NATURE TRAIL
- 38 CARNIKAVA PROMENADE

- 39 SUNSET TRAIL
- 40 TRAIL TO PARADISE HILL
- 41 TRAIL ALONG GUTMAN'S CAVE
- 42 LĪGATNE NATURE TRAIL
- 43 LĒDURGA DENDROPARK
- 44 LIELEZERS NATURE TRAIL
- 45 SKANAISKALNS NATURE TRAIL
- 46 RMK KABLI NATURE STUDY TRAIL
- 47 PĀRNU BEACH PROMENADE
- 48 PĀRNU COASTAL MEADOW HIKING TRAIL
- 49 PĀRNU BEACH PARK
- 50 PĀRNU MOLE BOARDWALK
- 51 PĀRNU MOAT
- 52 JAANSON'S TRACK - HEALTH TRACK ON THE LEFT BANK OF THE RIVER PĀRNU
- 53 JAANSON'S TRACK - HEALTH TRACK ON THE RIGHT BANK OF THE RIVER PĀRNU
- 54 RMK RIISA STUDY TRAIL
- 55 VALGERANNA BEACH PROMENADE

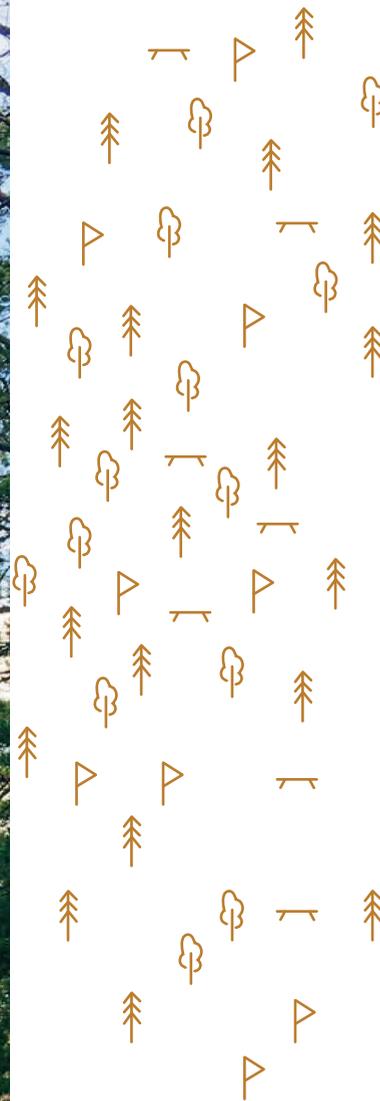
ESTONIA

- 56 MATSI PORT
- 57 SÖRVE VISITOR CENTRE
- 58 SITE OF THE ANCIENT SALME SHIP
- 59 RMK KESKRANNA REST AREA AND RMK TAIMEAIA REST SPACE
- 60 FISHING SITES NEAR KURESSAARE
- 61 LÜMANDA LIME PARK
- 62 PŪHA SOOBIKU DISCOVERY TRAIL
- 63 RMK KOIGI BOG STUDY TRAIL
- 64 ANGLA WINDMILL PARK AND HERITAGE CENTRE
- 65 KOGUVA VILLAGE
- 66 MUHU OSTRICH FARM
- 67 SÄÄRETIRP / SUUREMÕISA MANOR, ENGLISH PARK AND FLOWER GARDEN
- 68 RMK ORJAKU STUDY TRAIL
- 69 RMK KALESTE CAMPSITE AND STUDY TRAIL
- 70 KALANA BEACH PROMENADE AT KALANA MARINA
- 71 TAHKUNA LIGHTHOUSE
- 72 KÄRDLA CITY PARK AND FACTORY SQUARE
- 73 RMK RANNAJÕE OBSERVATION PLATFORM

- 74 PARALEPA BEACH TO ÖHTU KALLAS
- 75 HAAPSALU PROMENADE AND AFRICA BEACH / HAAPSALU VÄIKE VIKI
- 76 SILMA WORKSHOP AND NATURE RESERVE / UUEMÕISA MANOR PARK
- 77 PALIVERE HIKING TRAILS
- 78 DIRHAMI PORT
- 79 RMK PERAKÜLA BEACH AND CAMPING SITE
- 80 RMK KEILA-JOA PARK NATURE TRAIL
- 81 KEILA JÕEPARK / KEILA KESKPARK
- 82 RAPLA VESIROOSI HEALTH TRAIL
- 83 RMK SÕÖRIKSOO NATURE TRAIL
- 84 RMK VIRU BOG NATURE TRAIL
- 85 RAKVERE OAK GROVE STUDY TRAIL / RMK TUDU FOREST HUT
- 86 SILLAMÄE SEA PROMENADE

FINLAND

- 87 PORKKALA CAPE VIEWING PLATFORM
- 88 LAAJALAHTI NATURE TRAIL
- 89 STORTRÄSK TRAIL
- 90 MAAHISENPOLKU TRAIL
- 91 HAUKANHOLMA TRAIL
- 92 JETURKARSTI TRAIL
- 93 KARIHOLMA TRAIL
- 94 PEUKALOISEN POLKU TRAIL
- 95 KILJAMON REITTI TRAIL
- 96 KARPALOPOLKU TRAIL
- 97 SILAKKARI VIEWING PLATFORM
- 98 VASIKKAHAKA TRAIL
- 99 KÄRJENKALLIO TRAIL
- 100 LANGOURA VIEWING PLATFORM



- Introduction -

This Travel Guide shall serve as a trustful and concise source of information on all nature trails in the core area of the Central Baltic Region in Latvia, Estonia and Finland which are accessible to all – persons with reduced mobility, visual impairment, seniors and families with baby-strollers etc.

The Guide will take you through 100 accessible nature trails together with more than 300 other trails and sites, which are located in the nearby area and might be of interest while travelling in the region. The accessible trails are presented on the right side of each layout, while the map of the nearby area, as well as the key information on the other nearby trails and sites are presented on the left.

Trail accessibility level is classified in three colours:

- green colour – the trail is accessible to all;
- orange colour – the trail is more challenging due to some steeper slopes, uneven path surface etc., therefore assistance is recommended;
- grey colour – the trail is not handicap-adapted.

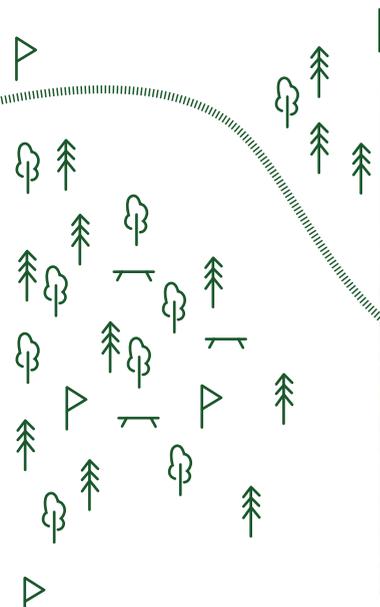
The nearby long-distance hiking trail sections are highlighted in blue ● (Baltic Coastal Hiking Trail) and yellow ● (Forest Trail). For detailed information on the route and facilities visit www.baltictrails.eu.

The start of each trail is marked with coordinates from the nearest parking lot of the trail. Availability of toilet facilities at trails is marked with “WC”, but keep in mind that most of the toilets in nature are dry closets. In order to get more accurate information on the specific trail and its accessibility, visit mapeirons.eu or use the QR code (scanning the code with your phone camera will open the link, which contains the trail’s GPX file and video from the relive app with the trail’s route, landscape and photos).

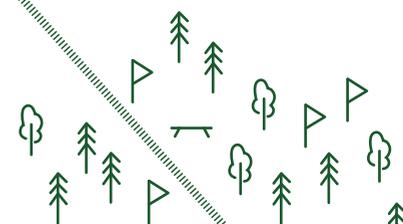
With this Travel Guide the authors’ team would like to share their passion for nature and hiking and do hope that this Guide inspires everyone for healthy adventures outdoors!

Have a break. Go to nature.

Nearby trails



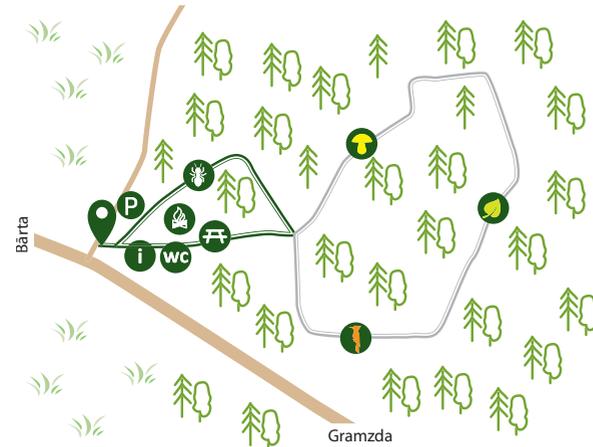
- ① Kalēti Forest Park Priediens
- A Dunika Bog Trail
- ↔ 5 km, → | G point-to-point, GPS Lat: 56.28120, Lon: 21.38282



Kalēti Forest Park Priediens



← RIGA 205 km
LIEPĀJA 43 km



Kalēti Forest Park was once the manor's hunting garden where wild forest animals were kept. These days, Kalēti Forest Park has become a place for discovering nature, school excursions and a leisure spot for families with children. Here are 4 thematic nature paths – a mushroom path, plant path, animal path and the new stingray path along with various interesting nature objects and a small adventure park for children. The park's paths shall be particularly exciting to children and people with visual impairment, as there are many wooden figures along the paths that can be touched and studied by hand, creating a good impression of the park's flora and fauna.



FACILITIES



1

NATURE MONUMENT:
KALĒTI FOREST PARK, KALĒTI
Suggested starting point:
Parking lot at the main entrance
(Liepu Alley)

GPS Lat: 56.35969, Lon: 21.48914

1,5 h

Route may be adjusted as needed. The total distance of thematic paths 2,6 km. Loop at stingray path – 1 km.

- Mushroom path – yellow colour wooden poles
- Plant path – green colour wooden poles
- Animal path – red colour wooden poles
- Stingray path – white colour wooden poles

Loop

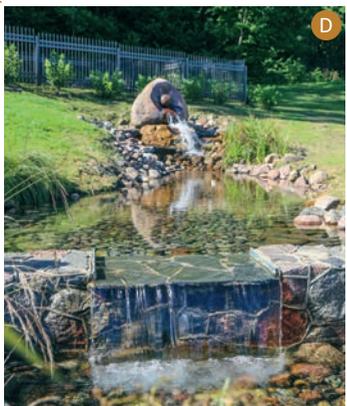
Forest path. Gravel at stingray path (1,2 m wide).

by car
by bus



PRIEKULE TOURIST INFORMATION CENTRE
1a Aizputes Street, Priekule
T: +371 26423893
E: turisms@priekulesnovads.lv
www.leismalite.lv

Nearby sites and trails

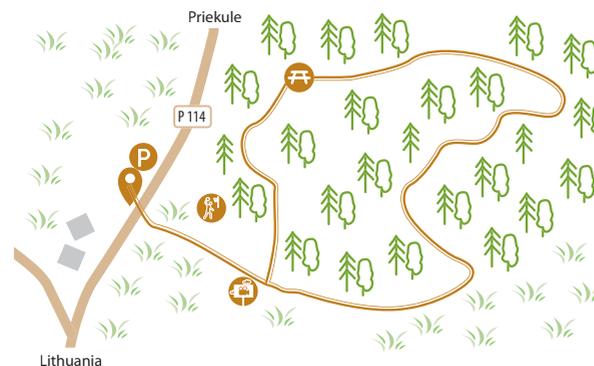


- 2** Gramzda Forest Park Trail
- A** Volzbahs Hill
GPS Lat: 56.43446, Lon: 21.84496
- B** Aizvīķi Park
↔ 4 km, → | G loop,
GPS Lat: 56.32739, Lon: 21.72576
- C** Kalni Nature Trail
↔ 2,6 km, → | G loop,
GPS Lat: 56.45871, Lon: 22.11609
- D** Trail to Lielbāta Spring
↔ 0,6 km, → | G out&back,
GPS Lat: 56.44316, Lon: 21.85927
- E** Forest Trail Section 87 (LT/LV border - Gramzda)
↔ 13 km, → | G point-to-point,
GPS Lat: 56.29605, Lon: 21.53899
- Forest Trail Section 88 (Gramzda - Priekule)
↔ 18 km, → | G point-to-point,
GPS Lat: 56.36594, Lon: 21.60396



Gramzda Forest Park Trail

← RIGA 200 km
LIEPĀJA 49 km

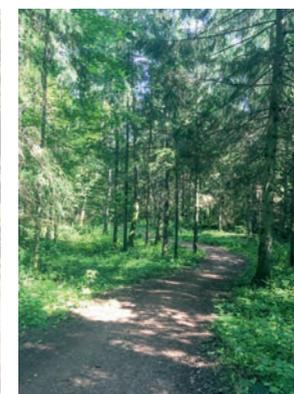


A nice and easy trail at Gramzda Forest Park with a really beautiful nature cinema called - *Nature Inspires* created by wood sculptor Ģirts Burvis. The nature cinema features original chairs and benches and it serves as a place for thematic movies and various environmental education activities.



FACILITIES

P **A** **WC** closest accessible WC at Gramzda Parish Administration on working days from 08:00 till 17:00



- GRAMZDA**
Parking lot at the shop *Aibe*
- GPS** Lat: 56.36922, Lon: 21.60391
- 40 min**
- 2 km**
- Not marked. Walk along the stadium in the direction of the park. Afterwards it is easy follow the trail.
- Loop**
- Gravel, asphalt, forest path (on average 1,8 m wide). At the start of the trail – brick paving, concrete plates.
- by car
by bus
- ! P U**
- PRIEKULE TOURIST INFORMATION CENTRE**
1a Aizputes Street, Priekule
T: +371 28374204
E: turisms@priekulesnovads.lv
www.leismalite.lv

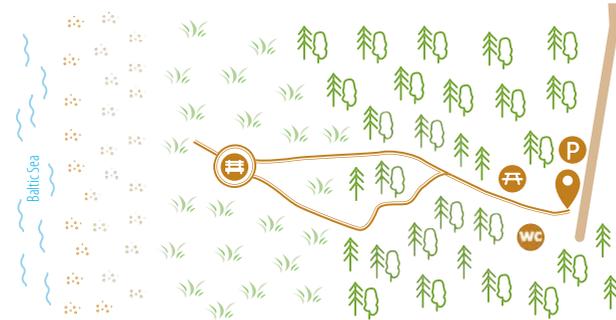


Nearby trails



Bernāti Beach Boardwalk

RIGA 224 km
LIEPĀJA 17 km



NATURE PARK BERNĀTI, BERNĀTI

GPS Lat: 56.36604, Lon: 20.97684

20 min

0,6 km (without seasonal boardwalk)

Not marked, but can easily follow the trail

Loop (for wheelchairs and baby-strollers the path is accessible out-and-back, as there are stairs on one of the stretches)

At some stages the slope reaches 10% and 12%, therefore assistant is recommended. The slope of the ramp for getting down to the beach (incl. seasonal boardwalk) is 16%.

There is quite a steep slope at the start of the wooden boardwalk, which can make it difficult for people in wheelchairs to get on the path, assistant is recommended

Wooden boardwalk (one stretch is 1,5 m wide, the other – 1,2 m (there are stairs at the second stretch)). Exchange areas in the middle and the end of the path. Seasonal boardwalk 1,2m wide, made of composite material, no exchange areas. Asphalt at the start of the path.

by car



NĪCA TOURIST INFORMATION CENTRE

6 Bārtas Street, Nīca
T: +371 29458532
E: turisms@nica.lv
turisms.nica.lv



3 Bernāti Beach Boardwalk

A Bernāti Nature Park
↔ various distances, → | G loop,
GPS Lat: 56.37890, Lon: 20.98590

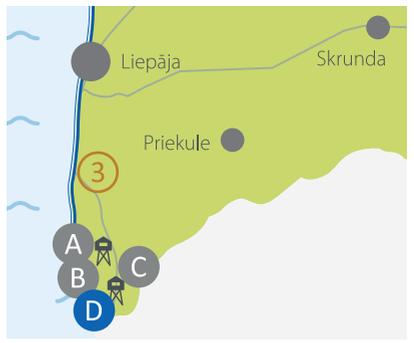
B Pape Trail of Ecological Processes
↔ 9,6 km, → | G loop,
GPS Lat: 56.15066, Lon: 21.03089

Lake Pape Trail
↔ 36 km, → | G loop,
GPS Lat: 56.15068, Lon: 21.03084

C Sventāja River Valley
accessible viewing platform
↔ 2,3 km, → | G loop,
GPS Lat: 56.15858, Lon: 21.22212

D Baltic Coastal Hiking Trail Section 1
(Nīda-Pape)
↔ 12 km, → | G point-to-point,
GPS Lat: 56.06965, Lon: 21.06508

Baltic Coastal Hiking Trail Section 2
(Pape-Bernāti)
↔ 25 km, → | G point-to-point,
GPS Lat: 56.16463, Lon: 21.02276



A brand new wooden boardwalk, built in 2019, constructed in two stretches, allowing to walk the path loop-type. One of the stretches is a little bit narrower and has stairs, the other is wider, without stairs. The path leads to a viewing site at the end of the trail, with a nice and spacious resting deck chair platform, where one can lie down, take a breath from the daily rush and enjoy the peaceful seaside landscape of Bernāti nature park. During summer a seasonal boardwalk is available allowing people in wheelchairs and parents with baby-strollers access the beach and almost reach the water.



FACILITIES



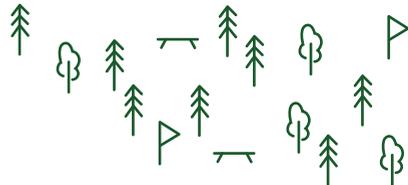


Lake Liepāja Boardwalk

← RIGA 230 km



FACILITIES



NATURE RESERVE: LAKE LIEPĀJA, LIEPĀJA

Suggested starting point:
East end of Lauku Street

GPS Lat: 56.49449, Lon: 21.02443

15 min (one way)

0,5 km (one way)

Not marked, but can easily follow the trail.

Out&back

Wooden boardwalk

by car
by bus

Jet skis forbidden

LIEPĀJA REGION TOURIST INFORMATION OFFICE

5/6 Rožu Square, Liepāja
T: +371 29402111
E: info@liepaja.travel
liepaja.travel



Lake Liepāja Zirgu Island Trail

5

← RIGA 230 km



NATURE RESERVE: LAKE LIEPĀJA, LIEPĀJA

Suggested starting point:
Zirgu Island parking lot

GPS Lat: 56.51718, Lon: 21.03084

0,5 – 1h (one way)

2 km (one way)

Direction signs with accessibility pictograms

Loop

Trail is accessible I - XII, 24/7.
Nature house working hours:
liepaja.travel

Although the trail is overall accessible, assistant is recommended for wheelchair users on the dam stretch (movement may be challenging due to small stones on the pavement) and on the wooden boardwalk (space between wooden planks exceeds 1 cm and when turning the wheelchair, the small wheels might get stuck).

Wooden boardwalk, gravel road

by car
by bus

Jet skis forbidden

LIEPĀJA REGION TOURIST INFORMATION OFFICE

5/6 Rožu Square, Liepāja
T: +371 29402111
E: info@liepaja.travel
liepaja.travel



Lake Liepāja Zirgu Island trail is a nice walking trail, with several pathways at the start, including a wide, good-quality wooden boardwalk along the coast with few viewing platforms. There are few outdoor gym devices and resting areas with picnic tables and grilling sites along the boardwalk. At the end of the boardwalk, the path continues along a narrow dam, with a watching tower for bird watching and enjoying the nice views over the lake landscape.



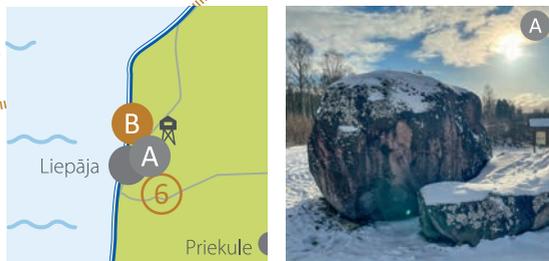
FACILITIES



Nature house - accessible

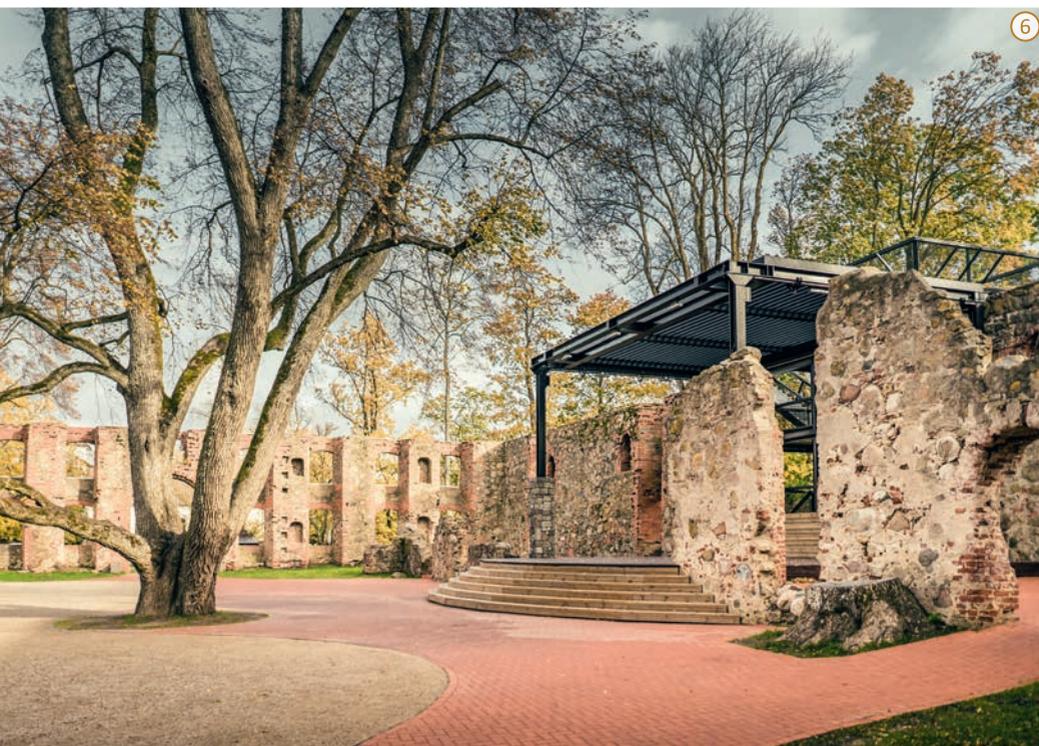


Nearby sites and trails



Publicity photo by Grobiņa County Municipality

- 6** Ālande River Park Trail
- A** Kapsēde Giant Boulder
GPS Lat: 56.58674, Lon: 21.10847
- B** Medze Beach Boardwalk
→ 0,15 km, → | C out&back,
GPS Lat: 56.62470, Lon: 21.03591



Publicity photo by Grobiņa County Municipality



Ālande River Park Trail



RIGA 206 km
LIEPĀJA 12 km



GROBIŅA
Suggested starting point:
Grobiņa Livonian Order Castle Ruins

GPS Lat: 56.53513, Lon: 21.16260

1 h (one way)

2,75 km (one way)

Not marked, but can easily follow the trail

Point-to-point

At some stretches the slope exceeds 8% and 15%, assistant for wheelchair users recommended

At the stretch near the castle mound and at the second bridge the movement can be hindered due to stones and loose path surface

Wooden boardwalk (1,3 m wide, with few exchange areas); gravel (1,3 m wide).
Asphalt at the start of the path, gravel – at the end.

by car
 by bus



GROBIŅA TOURIST INFORMATION CENTRE
76 Lielā Street, Grobiņa
T: +371 22024940
E: info@grobinasturisms.lv
www.grobinasturisms.lv

The trail stretches along the circles of the Ālande River through the town of Grobiņa. There is a number of information stands along the route, each telling of the history of Grobiņa. On the way you shall see the Grobiņa castle mound, the old town and the ancient burial grounds. Grobiņa, once called as Seeburg (Sea castle or Lake castle), is the first inhabited locality in Latvia recorded in written sources. It has been inhabited already in the Stone Age and later – at the beginning of the 1st century AD – Grobiņa becomes the center of the Ancient West-Balts tribe Curonians. Up to the 9th century Grobiņa had been a vast, city-like settlement of Curonians and Vikings, well known in the world of that time. The park and the trail are suitable for walking, cycling, and is accessible for parents with baby-strollers and for people in wheelchairs with an assistant. You may also enjoy the Ālande River Park by boat.



FACILITIES

- accessible at Grobiņa Sports Centre
- not handicap-adapted
- in summer season



Nearby sites and trails

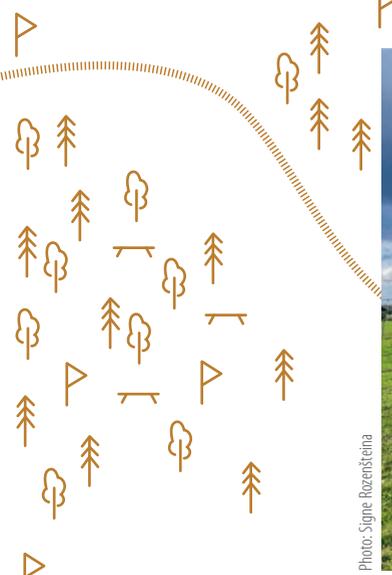
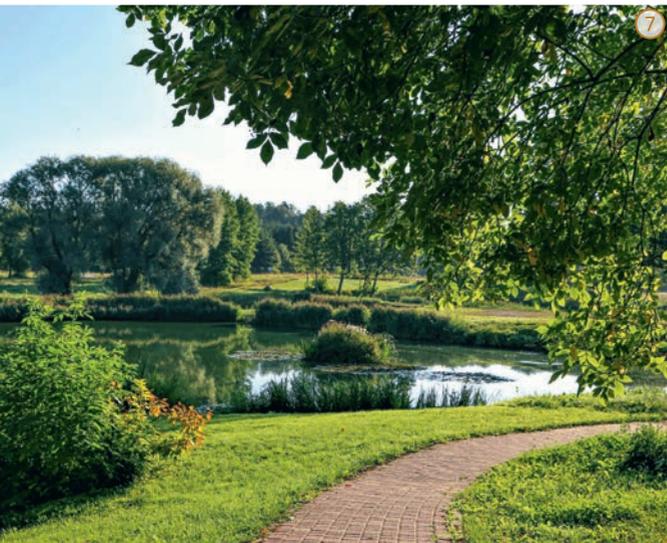
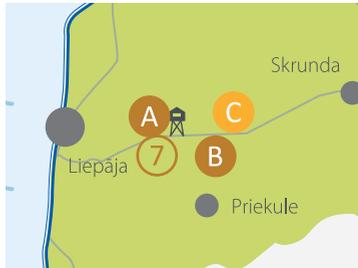


Photo: Signe Rozentneina



- 7** Durbe Castle Mound Trail
- A** Lake Durbe Watching tower & resting area
GPS Lat: 56.59782, Lon: 21.34384
- B** Riga Zoo branch Ciruļi
↔ 1,5 km, → G out&back,
GPS Lat: 56.5716, Lon: 21.60991
- C** Forest Trail Section 90 (Kalvene - Aizpute)
↔ 17 km, → G point-to-point,
GPS Lat: 56.60398, Lon: 21.73027



Durbe Castle Mound Trail

← RIGA 182 km
LIEPĀJA 20 km



DURBE
Suggested starting point:
Parking lot at Durbe Museum

GPS Lat: 56.58979, Lon: 21.36563

0,5 min

1,8 km

Not marked, but can easily follow the trail

Loop

Few slight slopes along the trail, assistant suggested

At some stretches, due to wheather conditions, gravel surface might be loose

Wooden boardwalk, gravel, brick pavement (on average 1,2 m wide)

by car
by bus



DURBE MUSEUM
17 Raiņa Street, Durbe
T: +371 28677141
E: muzejs@durbe.lv
www.visitdurbe.lv

The trail stretches along the Durbe castle mound and the Durbe pond. Here, in the 13th century, the Durbe Battle took place, in which the Samogitian and Curonian troops defeated the joint forces of the Livonian and German orders. Durbe Battle is considered to be one of the most impressive battles in the history of the Baltic nations. To commemorate the Samogitian victory over the crusaders, a memorial stone from Samogitia has been brought and installed at the Durbe castle mound on the 750th anniversary of the Durbe Battle. The ruins of the German Order Castle, built in the 14th century, can also be seen on the Durbe castle mound. The castle yard had once been surrounded by a high wall, the part of which is still standing on the south side. The castle served as an important object to guard the road from Prussia to Livonia and was destroyed 300 years ago. At the top of the mound, a viewing platform has been built allowing to enjoy the beautiful landscape of Durbe.

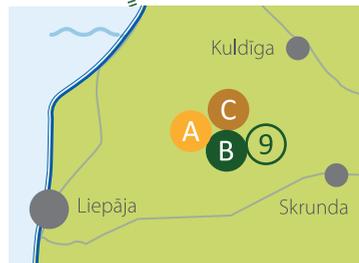


FACILITIES

- P** accessible toilet and resting area at Lake Durbe watching tower
- WC** in summer season



Nearby trails



- 9** Kazdanga Park
- A** Forest Trail Section 91 (Aizpute - Snēpele)
 ↳ 34 km, ↳ point-to-point,
 GPS Lat: 56.71924, Lon: 21.60322
- B** Kazdanga Rowan Alley
 ↳ 0,7 km, ↳ loop,
 GPS Lat: 56.7327, Lon: 21.73694
- C** Kazdanga Castle Trail (Yellow Loop)
 ↳ 2,2 km, ↳ loop,
 GPS Lat: 56.73229, Lon: 21.73375



Kazdanga Park

RIGA 160 km
LIEPĀJA 50 km



Path till lake boardwalk
and lake boardwalk

several
stretches



KAZDANGA

Suggested starting point:
Parking lot at Kazdanga Park labyrinth in
Kapleja (sports and recreation square)

GPS Lat: 56.72479, Lon: 21.73533

↳ Path till lake boardwalk and lake boardwalk – 15 min (one direction). Route can be adjusted as needed at the rest part of the park. Total time ~ 3 h.

↳ Path till lake boardwalk and lake boardwalk – 0,6 km (one direction). Route can be adjusted as needed at the rest part of the park. Total distance ~ 9 km.

— Direction signs and stripes painted on interest objects and trees

↳ Path till lake boardwalk and lake boardwalk – point-to-point. Continuing the route through the rest of the park, the trail can be hiked loop-type.

↳ Path till lake boardwalk and lake boardwalk – no slope. Slopes at the rest part of the park exceed 15% on some stretches.

↳ Gravel, wooden boardwalk, forest path (on average 1,5 m wide)

↳ by car
↳ by bus



KAZDANGA TOURIST INFORMATION POINT

1 Jaunatnes Alley, Kazdanga
T: +371 29103813
E: turisms@kazdanga.lv
www.visitaizpute.lv

Kazdanga Park is the largest park in Latvia (~196 ha), so here is a lot of space for running, nordic-hiking, cycling, skiing, as well as simply walking and leisurely enjoying the nature and the historical park. The park has got two parts (Valāta Park and Sēferis' Birch Grove) on both sides of Kazdanga Dzimezers (Mill Lake), connected with the lake boardwalk. There are lots of paths in the park. To help yourself finding the way, follow the signs and marking on trees (yellow, green and red coloured stripes, marking the different distance routes). There are also several resting areas along the way.



FACILITIES



↳ incl. resting areas with benches and tables, accessible



↳ not handicap-adapted

catamaran rental in the summer season
(Kazdanga Castle Museum, +371 28616717)

↳ at Saieta House and at Culture Centre. A room for people in wheelchairs is available at Saieta House.



Nearby trails



10 Skrunda Walking Path

A Embūte Nature Trail
 ↔ 3 km, → | G loop,
 GPS Lat: 56.50560, Lon: 21.81922

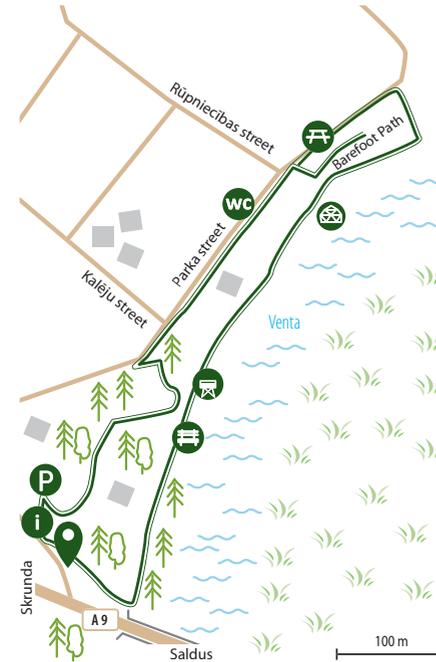
B Forest Trail Section 92
 (Snēpele - Kuldīga)
 ↔ 21 km, → | G point-to-point,
 GPS Lat: 56.84025, Lon: 21.94515



Skrunda

Walking Path

← RIGA 140 km
 ← LIEPĀJA 64 km



SKRUNDA
 Suggested starting point:
 23 Saldus Street (parking lot at Skrunda
 open-air stage)

GPS Lat: 56.67338, Lon: 22.02398

⌚ 0,5 - 1 h

↔ 1,6 km

→ Direction signs

→ | G Loop

🌳 Gravel

🚗 by car
🚌 by bus



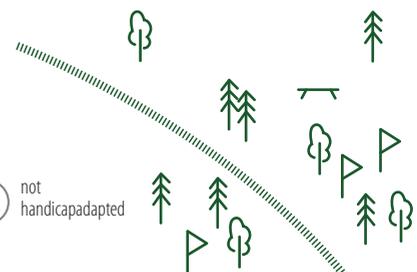
SKRUNDA TOURIST AND BUSINESS SUPPORT CENTRE

14 Ventas Street, Skrunda
 T: +371 26121374
 E: tuac@skrunda.lv
www.skrunda.lv

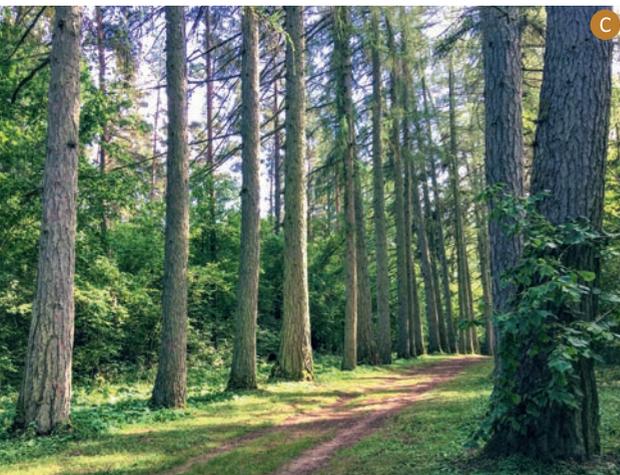
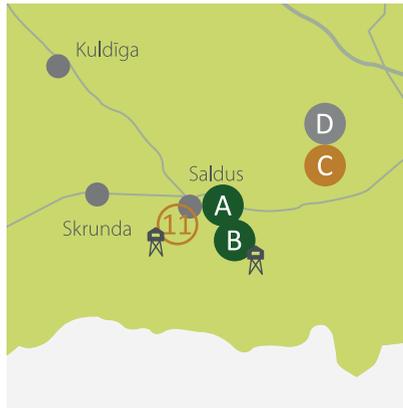
On the coast of the River Venta there is the Skrunda castle mound, which is a popular leisure spot among locals and tourists. There is an open-air stage and it is surrounded by a park where one can also see the wooden chairs of Curonian kings designed by the sculptor Ģ. Burvis. There is a number of legends on the Skrunda castle mound – on underground passages, the white woman “Ventas Vāra” that comes out once in 100 years. The walking trail stretches along the Skrunda castle mound and the river and allows to enjoy the beautiful nature sights, watch the birds and the calm flow of the River Venta. There is a number of benches along the trail, a resting area and several stops created to view the scenic Kurzeme landscape. A barefoot path has also been installed nearby. The trail also serves as the starting and closing point for boating.



FACILITIES



Nearby trails



* The first stretch of the trail (larch lane) is accessible to people in wheelchairs

11 Ciecere Nature Trail in Saldus

- A** Brocēni Forest Park
↔ 3 km, → |G loop,
GPS Lat: 56.66974, Lon: 22.56860
- B** Walking Path along Lake Ciecere
↔ 1 km, → |G point-to-point,
GPS Lat: 56.68010, Lon: 22.56659
- C** Kartavkalns Nature Trail
↔ 3 km, → |G loop,
GPS Lat: 56.71504, Lon: 23.01970
- D** Viesata River Circles
↔ 8,2 km, → |G loop,
GPS Lat: 56.82316, Lon: 22.97218



Liecere Nature Trail in Saldus

RIGA 110 km
LIEPĀJA 95 km



* Part of the stretch that goes along the market square has tactile paving for visually impaired

SALDUS
Parking lot at Saldus Market square (in the middle of the trail, 4 Kuldīgas Street) or at the end point of the trail – at Zvejnieku Street or at Lake Saldus

GPS Lat: 56.66765, Lon: 22.49233

1 h (one way)

2,6 km (one way)

Few slight slopes along the trail, assistant suggested

Not marked, but can easily follow the trail

Point-to-point

The trail is overall accessible to people in wheelchairs with an assistant and parents with baby strollers in its whole length, though it should be noted that there are few steps at the end of the path near Zvejnieku Street. At some stretches the wooden boardwalk might be damaged (rough, cranky or broken planks). At some places at the start or end of the boardwalk there is a small step.



Nice and pleasant walking path in the very centre of Saldus stretching along the Ciecere River, which allows to enjoy the calm flow of the river, the beautiful city surroundings with lots of trees and flowers, cosy resting areas and see the variety of birds living by the river.

At the end of the path it is possible to continue the walk along Zvejnieku Street to reach Lake Saldus, which has been installed with wide wooden boardwalks on the coast, children playground and a resting area.



FACILITIES

- Information icon
- Rest area icon
- Parking icon
- WC icon
- at the Market Square or at Lake Saldus (accessible)
- at Lake Saldus
- at the Market Square
- at Lake Saldus, not handicap-adapted
- outdoor gym devices & children playground



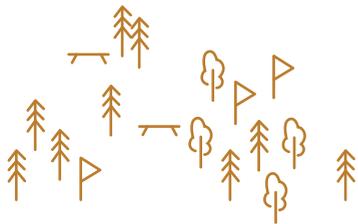
Gravel, brick paving, wooden boardwalk (on average 1,8 m wide)

by car
by bus

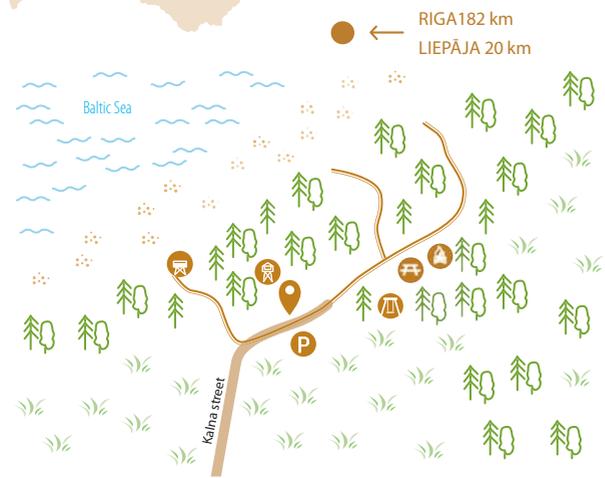


SALDUS TOURIST INFORMATION CENTRE
3 Striku Street, Saldus
T: +371 63807443
E: tic@saldus.lv
turisms.saldus.lv

Nearby trails



Pāvilosta Beach Boardwalk



NATURE PROTECTED AREA "PĀVILOSTA GRAY DUNE", PĀVILOSTA
Suggested starting point: 43 Kalna Street

GPS Lat: 56.89303, Lon: 21.18531

0,5 h (out-and-back)

0,5 km (out-and-back)

Not marked, but can easily follow the trail

Out-and-back

At some stages the slope exceeds 8%, therefore assistant is recommended

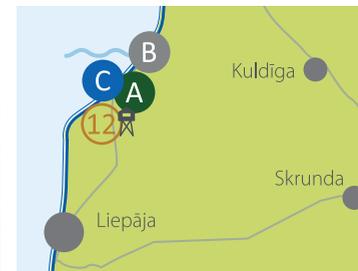
There are few slopes on the way, which may hinder the movement, therefore assistant is recommended for people in wheelchairs

Wooden boardwalk (1,2 m wide). No special exchange areas, but it is possible to exchange at the small resting spots and boardwalk intersection at the sign to the graves of Lithuanian soldiers. At the start of the trail - gravel.

by car



PĀVILOSTA TOURIST INFORMATION CENTRE
2 Dzintaru Street, Pāvilosta
T: +371 29121894
E: tic@pavilosta.lv
www.visitpavilosta.lv



Pāvilosta beach boardwalk stretches along the widest gray dune in Latvia and allows to enjoy a peaceful walk in the central beach of the city. The path introduces visitors with the unique coastal landscape and plants characteristic to the gray dune. The beach sand area is not accessible, so it will not be possible to reach the water in a wheelchair.



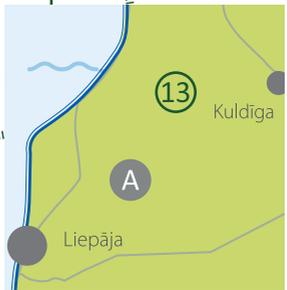
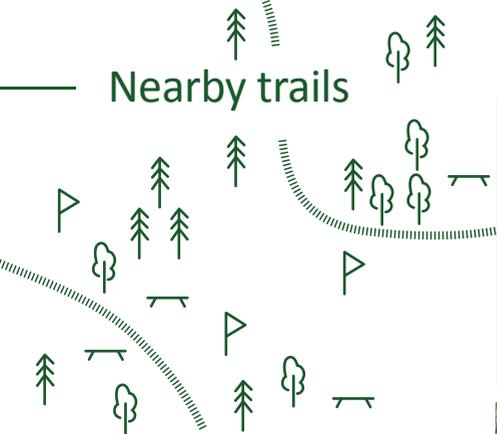
FACILITIES



- 12 Pāvilosta Beach Boardwalk**
- A Pāvilosta Pier Promenade**
↔ 0,6 km, → |G out&back, GPS Lat: 56.88933, Lon: 21.17287
- B Rīva River Circles**
↔ 3; 6; 8 km, → |G point-to-point, GPS Lat: 56.97027, Lon: 21.34781
- C Baltic Coastal Hiking Trail Section 6 (Pāvilosta-Jūrkalne)**
↔ 20 km, → |G point-to-point, GPS Lat: 56.88814, Lon: 21.17891



Nearby trails



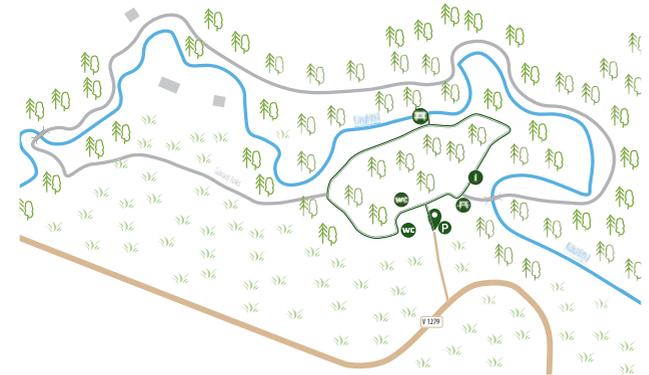
13 Žibgrava Nature Trail
 A Ķirava Forest Park
 ↔ several trails, → G loop,
 GPS Lat: 56.73578, Lon: 21.38335



Žibgrava Nature Trail

← RIGA 185 km
 ← LIEPĀJA 70 km

Short loop



ALSUNGA
 Suggested starting point: Parking lot at the resting place *Dančplacis* on *Mazātak* loop

GPS Lat: 56.98412, Lon: 21.58400

Short loop – 20 min
 Whole trail – 1 h

Short loop – 0,5 km
 Whole trail – 1,5 km

Direction signs and poles

Loop

There is a slight slope on one stretch of the short loop (behind the toilet). The long loop is highly challenging because of the area terrain and slopes significantly exceed 8%, therefore this loop is not recommended to wheelchair users and parents with baby-strollers.

Part of the long trail may be flooded during the rainy periods, appropriate footwear is advisable

Forest path. Gravel at the short loop (1,5 m wide).

by car

ALSUNGA TOURIST INFORMATION AND HISTORICAL HERITAGE CENTRE
 11a Skolas Street, Alsunga
 T: +371 26425015
 E: muzejs@alsunga.lv
 www.alsunga.lv

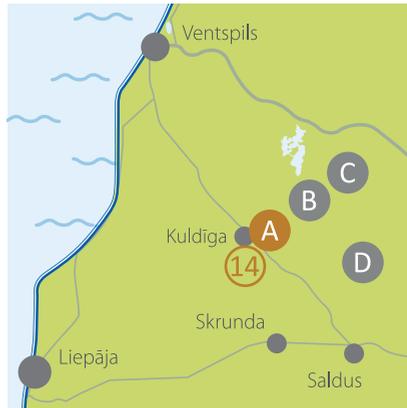
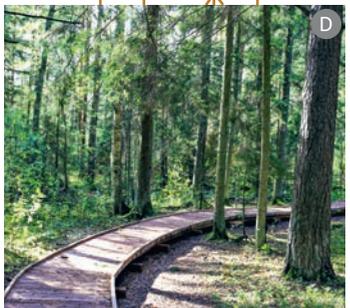
Žibgrava trail is noticeable because of its ravine – at some points its height reaches 15 m. The route stretches through the hilly forest terrain along the picturesque, winding coast of the River Kaulņupīte on two loops – the long loop and the short loop. Ten information stands along the long loop provide catchy information on the plants and animals present here, legends and riddles related to Suiti dialect, revealing correct answers at every next stand. The short loop is called *Mazātak* and this part of the trail shall be accessible also to wheelchair users.



FACILITIES



Nearby sites and trails



The River Venta Left Bank Trail

14



RIGA 160 km
LIEPĀJA 82 km



NATURE RESERVE: VALLEY OF THE RIVER VENTA, KULDĪGA
Suggested starting point: 8 Pils Street

GPS Lat: 56.96741, Lon: 21.97676

40 min (one way)

2,4 km (one way)

Few slight slopes along the trail, warning signs installed

Not marked, but can easily follow the trail. Info stands at the start and the end of the trail.

Point-to-point

Gravel, wooden boardwalk, on average 2m wide

by car
by bus



KULDĪGA TOURIST INFORMATION CENTRE
5 Baznīcas Street, Kuldīga
T: +371 29334403
E: tourinfo@kuldiga.lv
www.visitkuldiga.com

The trail stretches along the River Venta up until the Kuldīga's new bridge, allowing to enjoy the beautiful nature views, to watch birds, the flow of the Venta and, of course, the Venta Rapid, which is the most significant geological object in the nature reserve and the widest waterfall in Europe - 249 meters. The trail will allow to enjoy a leisurely walk even in the dark, because the trail is installed with lights from Pils Street up to Vienības Street.



FACILITIES

- i** at Mārtiņšala parking lot and Stendes Street
 - P** accessible WC at the Town Garden and on Krasta Street
 - wc** at 2a Stendes Street and on Pils Street
- not handicap-adapted

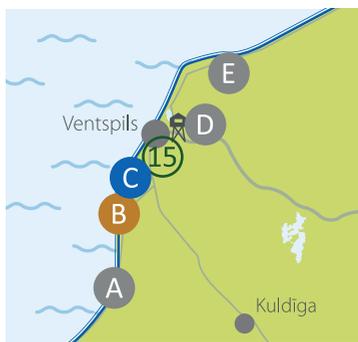
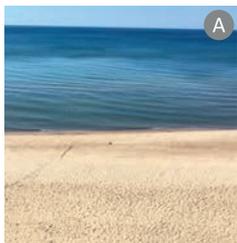


14 The River Venta Left Bank Trail

- A** Mārtiņšala Nature Trail
↔ 0,5 km, → | G loop,
GPS Lat: 56.97058, Lon: 21.97934
- B** Īvande River Waterfall
GPS Lat: 57.06800, Lon: 22.29518
- C** Trail to Māras Chamber Caves
↔ 0,85 km, → | G out&back,
GPS Lat: 57.08240, Lon: 22.37690
- D** Kalnansi Bog Trail
↔ 1 km, → | G loop,
GPS Lat: 56.90632, Lon: 22.39933



Nearby sites and trails



- 15 Ventspils Seaside Park**
- A Steep Coastline of Jūrkalne**
GPS Lat: 57.00483, Lon: 21.37631
- B Užava Creek Beach Boardwalk**
↔ 0,5 km, → ⚠️ out&back,
GPS Lat: 57.24728, Lon: 21.41551
- C Baltic Coastal Hiking Trail Section 9 (Užava-Ventspils)**
↔ 20 km, → ⚠️ point-to-point,
GPS Lat: 57.24728, Lon: 21.41551
- D Griži Devil's Chair**
GPS Lat: 57.38944, Lon: 21.77197
- E Ventspils International Radio Astronomy Centre**
GPS Lat: 57.55341, Lon: 21.85504



Ventspils Seaside Park

← RIGA 161 km
LIEPĀJA 114 km



Ventspils Seaside Park is a wide and well-equipped park near the sea in Ventspils offering recreational and walking opportunities for whole family. There are many walking paths curling over the park with a specific Anchor trail, which is 730 m long and presents the largest collection of real ship anchors in Baltics. The greatest of them is 23 tons heavy and 6 meters tall. There is also a small train at the Seaside Open-air Museum running through the Park along the narrow-gauge railway line.

For wheelchair users and parents with baby-strollers, to get down to the seaside, the most convenient shall be the entrance No 6, located in the area of the park. Make sure to visit also the Promenade at the South pier stretching along the coast of the River Venta, with 14 buoys on it. There is an information board at each of the buoys, telling what this buoy is for.



FACILITIES



CROSSROADS OF PARKA AND LOCŪ STREETS, VENTSPILS

GPS Lat: 57.38586, Lon: 21.53668

1-2 h

The overall length of the paths at the Park is 3,5 km

Marked with direction signs

Loop

Gravel. Asphalt in the start at the parking lot.

by car
 by bus

except for assistance dogs

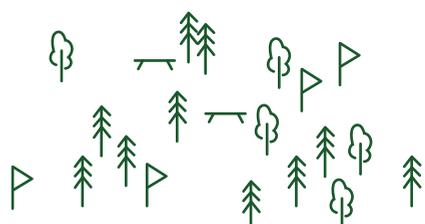
VENTSPILS TOURIST INFORMATION CENTRE

6 Dārzu Street (Ventspils Ferry Passenger Terminal, 1st Floor)
T: +371 29232226
E: tourism@ventspils.lv
www.visitventspils.com

Photo: L.Čekamariņa

Photo: Oskars Jūra

Photo: Gaitis Vilbrants



Nearby sites and trails



Photos: Ivars Špilmanis

- 16** Lake Būšnieki Nature Trail
- A** Baltic Coastal Hiking Trail Section 10 (Ventspils–Staldzene)
 ↳ 15 km, ↳ point-to-point
 GPS Lat: 57.39702, Lon: 21.53323
- B** Steep Coastline of Staldzene
 GPS Lat: 57.44506, Lon: 21.60509
- C** Oviši Lighthouse
 GPS Lat: 57.56870, Lon: 21.71375
- D** Vasenieki Mire Trail
 ↳ 3,8 km, ↳ loop
 GPS Lat: 57.35689, Lon: 22.15348
- E** Usma Elkrag's Boardwalk
 ↳ 0,7 km, ↳ loop
 GPS Lat: 57.20721, Lon: 22.15261

FACILITIES

accessible



Lake Būšnieki

Nature Trail

← RIGA 170 km
 VENTSPILS 13 km



NATURE RESERVE: THE COAST OF LAKE BŪŠNIEKI, VENTSPILS
 Suggested starting point: Lake Būšnieki Boat Base (70 Staldzenes Street)

GPS Lat: 57.45294, Lon: 21.62905

2 h

8 km

Marked with special signs – small wooden boards indicating the distance accomplished after each km, as well as direction signs with accessibility pictograms

Loop

Slope at the start and end of the Lake boardwalk exceeds 8%

Gravel, wooden boardwalk, asphalt

by car
 by bus

forbidden at the swimming area of the beach (except assistance dogs)

VENTSPILS TOURIST INFORMATION CENTRE
 6 Dārzu Street (Ventspils Ferry Passenger Terminal, 1st Floor)
 T: +371 29232226
 E: tourism@ventspils.lv
www.visitventspils.com



Lake Būšnieki has become a wonderful destination for all active leisure lovers. The outstanding natural beauty here is now accessible not only to those who enjoy swimming and boating, but also to cyclists, runners, ornithologists and those who love hiking. Everyone can now enjoy the nature trail, which stretches around the entire lake. 10 information stands with exercise descriptions have been installed along the route so that active leisure fans of every age group can practice along the way. A 187 m long wooden boardwalk with an observation platform for birdwatching with benches and an information board with pictures of birds that can be seen at Lake Būšnieki is located in the marshy shore zone of the lake. Information stands on the nature reserve and its flora and fauna have been installed along the cycling stretch of the trail. The coast of Lake Būšnieki is a nature reserve that was established in 2004 to protect various biotopes of European significance. It is 49 hectares wide and is included in the European Protected Areas Natura 2000 network. There are well-equipped swimming and picnic areas, bicycle stands, as well as boardwalks for the convenience of all those who also enjoy active water sports. On the southern side of the lake in just 50 m from the trail there is a Deer Garden.

Nearby trails

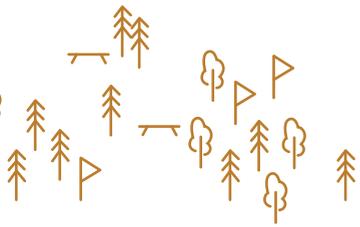


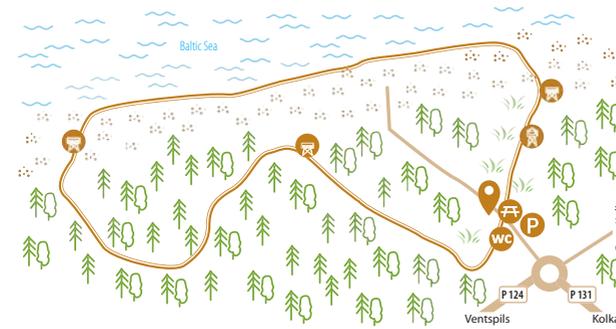
Photo: Ainars Gaidis

Photo: Ainars Gaidis



Kolka Pine Trail

RIGA 160 km
VENTSPILS 75 km



SLĪTERE NATIONAL PARK, KOLKA
Suggested starting point:
Parking lot behind the road
Tukums-Kolka (P 131) roundabout –
brown direction sign to the trail, about
500 m from Cape Kolka

GPS Lat: 57.75630, Lon: 22.59131

⌚ 40 min

↔ 1,8 km

— Not marked, but can easily follow
the trail. Direction sign at the start of
the trail.

→|G Loop (if part of the trail is hiked also
along the beach).
For wheelchair users and parents
with baby-strollers the trail can be
accomplished out-and-back type.

⚠ At some stages the slope exceeds 8%,
assistant is recommended

👣 Gravel (average width 1,2 m), wooden
boardwalk, seashore. At the start of the
path in the parking lot area – asphalt.

🚗 by car



i DUNDAGA TOURIST INFORMATION CENTRE

Dundaga Castle, 14 Pils Street
T: +371 29444395
E: tic@dundaga.lv, visit.dundaga.lv

SLĪTERE NATIONAL PARK: SLĪTERE FORESTRY

Dundaga Parish
T: +371 63286000
E: kurzeme@daba.gov.lv, www.slitere.lv

17 Kolka Pine Trail
A Šīteres Nature Trail
↔ 2,2 km, → |G loop,
GPS Lat: 57.62650, Lon: 22.29191

B Pēterezers Nature Trail
↔ 3,5 km, → |G loop,
GPS Lat: 57.65414, Lon: 22.27086

C Baltic Coastal Hiking Trail Section 14
(Sikrags-Saunags)
↔ 16 km, → |G point-to-point,
GPS Lat: 57.66266, Lon: 22.22616

Baltic Coastal Hiking Trail Section 15
(Saunags-Kolka)

↔ 13 km, → |G point-to-point,
GPS Lat: 57.71869, Lon: 22.43300

Baltic Coastal Hiking Trail Section 16
(Kolka-Gīpka)
↔ 24 km, → |G point-to-point,
GPS Lat: 57.75637, Lon: 22.59950

D Ēvaži Nature Trail
↔ 0,6 km, → |G out&back,
GPS Lat: 57.67759, Lon: 22.56800

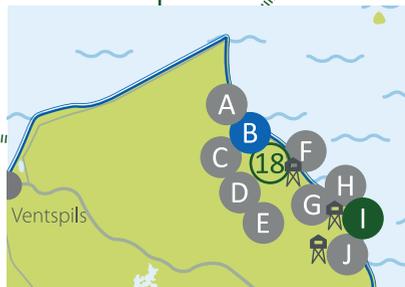
Kolka pine trail gives an opportunity to enjoy an easy, pleasant walk through a gorgeous pine forest, grey and white dunes and, of course, the seashore. The trail is remarkable for its hundred year old, forked, low branched pine trees covered with sand for up to 2-3 m. The age of the trees can be guessed from their size, as well as the lichens and moss on the branches. Here you can also see the oldest dunes that have overgrown with forest. In the forest and dunes you can also see the typical plants, such as bilberries, heather, crowberries, thyme, stoncrop, as well as protected plants and various bugs living in the old trees. Along the route, there are two viewing platforms and a 15 m high watching tower to observe the sea views and birds. The beach sand area is not accessible, so it will not be possible to reach the water in a wheelchair.



FACILITIES



Nearby sites and trails



Walking Path at Roja Beach



RIGA 131 km
VENTSPILS 110 km



along the seashore



18 Walking Path at Roja Beach

A Pūrciems White Dune

↔ 0,9 km, → |G loop,
GPS Lat: 57.57676, Lon: 22.62746

B Baltic Coastal Hiking Trail Section 17 (Ģipka-Kaltene)

↔ 20 km, → |G point-to-point,
GPS Lat: 57.56444, Lon: 22.66720

Baltic Coastal Hiking Trail Section 18 (Kaltene-Mērsrags)

↔ 24 km, → |G point-to-point,
GPS Lat: 57.45344, Lon: 22.89200

C Trail along the River Roja

↔ 2; 7; 15 km, → |G loop,
GPS Lat: 57.50824, Lon: 22.78451

D Lūrmaņi Cliffs

GPS Lat: 57.43301, Lon: 22.71900

E Bilavu ship setting (Devil's boat)

GPS Lat: 57.42380, Lon: 22.69590

F Roja South mole

↔ 0,2 km, → |G out&back,
GPS Lat: 57.50523, Lon: 22.81292

G Kaltene Stone Ridges

↔ 1,7 km, → |G loop,
GPS Lat: 57.45806, Lon: 22.85598

H Kaltene Birds' Trail

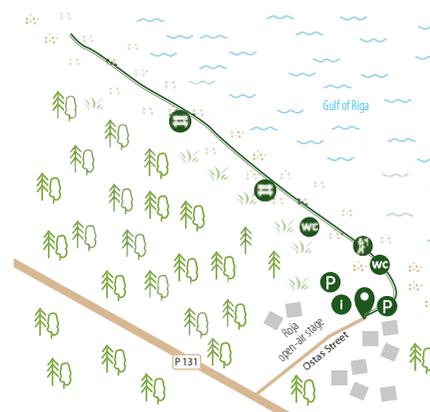
↔ 1,1 km, → |G out-and-back,
GPS Lat: 57.44570, Lon: 22.90463

I Mērsrags Beach Boardwalk

↔ 0,4 km, → |G out&back,
GPS Lat: 57.36540, Lon: 23.12200

J Orchid Trail

↔ 5 km, → |G loop,
GPS Lat: 57.25805, Lon: 23.13639



ROJA
Suggested starting point:
Parking lot at Ostas Street, Roja

GPS Lat: 57.50946, Lon: 22.80121

0,5 h (boardwalk)
1 h whole distance loop (boardwalk, seashore, mole)

Boardwalk: 0,8 km (one way)
Loop-type – boardwalk, seashore and mole: 3 km

Not marked, but can easily follow the trail

Out-and-back

Some ramps for getting down to the beach exceed 8%, however the beach sand area itself is not accessible to people in wheelchairs or parents with baby-strollers

Wooden boardwalk (width 1,90 m), seashore, mole. Asphalt at the start of the path.

by car
by bus

during swimming season (May-October) and except assistance dogs

ROJA TOURIST INFORMATION CENTRE
14E Selgas Street, Roja
T: +371 28630590
E: tic@roja.lv, www.roja.lv

Roja beach is one of the most comfortable beaches in Latvia and its boardwalks – of the few fully accessible to everyone – people in wheelchairs, parents with baby strollers, seniors etc. There are also football and volleyball courts on the beach and a spacious playground for children. The informative stand contains information also in Braille with the tactile map of the beach.

The route can be adjusted as needed. The long option is to walk along the wooden boardwalk, the sea-coast and the North Mole with a lighthouse at the end. The boardwalk stretches along the oldest dunes that have overgrown with forest as well as the grey dunes. There you can notice the various coastal plants growing here. The route can be continued back along the sandy beach. Most active travellers can stretch out the legs on the boulders of the North Mole and walk up to the very end of the Mole.

It should be taken into account that the beach sand area is not accessible to people in wheelchairs, so it will not be possible to reach the water.



FACILITIES



in summer season on the beach water motorcycles and kiteboards are permitted in specially designated areas

Nearby sites and trails

- 19** Talsi Promenade
- A** Recreation Park "Laumas"
 ↔ 5 km, → | G loop,
 GPS Lat: 57.37181, Lon: 22.52713
- B** Tilgaļi Giant Boulder
 GPS Lat: 57.35026, Lon: 22.72271
- C** Virsaiši Waterfall Nature Trail
 ↔ 1,4 km, → | G out&back,
 GPS Lat: 57.09522, Lon: 22.54177
- D** Drubazu Botanical Trail
 ↔ 2 km, → | G loop,
 GPS Lat: 57.03040, Lon: 22.59662
- E** Imuļa River Trail
 ↔ 4,5 km, → | G loop,
 GPS Lat: 57.01412, Lon: 22.62397
- F** Horse Trail
 ↔ 3 km, → | G point-to-point,
 GPS Lat: 57.02451, Lon: 22.59271

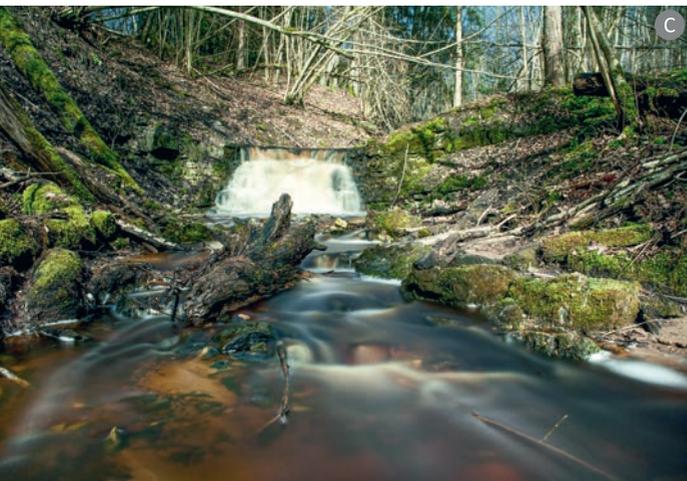
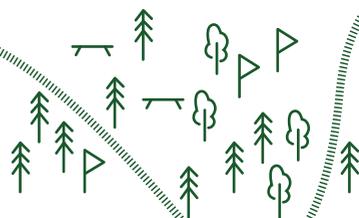


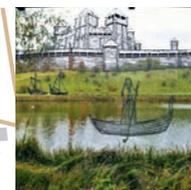
Photo: Gaitis Pīlēģis

- G** Čūžu Mire Trail
 ↔ 4,4 km, → | G loop,
 GPS Lat: 57.02644, Lon: 22.78550
- H** Buse Castle Mound
 ↔ 2,7 km, → | G loop,
 GPS Lat: 56.99226, Lon: 22.60387
- I** Jaunmoku Castle Path
 ↔ 1,5 km, → | G loop,
 GPS Lat: 56.98239, Lon: 23.05337
- J** Jāņupīte Nature Trail
 ↔ 2 km, → | G loop,
 GPS Lat: 57.1131, Lon: 23.03858



Talsi Promenade

← RIGA 104 km



TALSI
 Suggested starting point:
 Parking lot at Talsi Community House

GPS Lat: 57.24382, Lon: 22.59189

0,5 h

↔ 1,2 km

Not marked, but can easily follow the trail

→ | G Loop

Wooden boardwalk (2,75 m wide), gravel, asphalt, brick paving

by car
 by bus

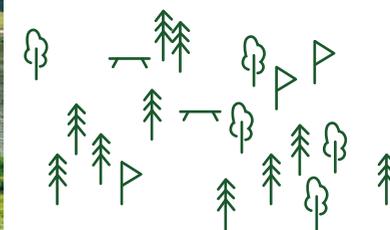
TALSI TOURIST INFORMATION CENTRE
 19/21 Lielā Street, Talsi
 T: +371 26469057
 E: tic@talsi.lv
 visittalsi.com

Talsi promenade is located in the heart of Talsi city – at Lake Talsi and at one of the 9 city's hillocks – Talsi Hillfort, at the foothills of which an ancient Curonian settlement had once been located. The promenade stretches all around the lake and allows to enjoy the fantastic surroundings of the lake and the hillfort, as well as a nice and easy walk. More active visitors can climb up on the Talsi Hillfort, which opens one of the best views to the Promenade of Lake Talsi and gives an opportunity to take some great pictures (the hillfort itself is not accessible to wheelchair users).



FACILITIES

accessible ; possible to access, but not specially adapted



Nearby trails

20 Kupskalni Nature Trail

A Baltic Coastal Hiking Trail Section 21 (Ragaciems-Dubulti)

↔ 22 km, → | G point-to-point,
GPS Lat: 57.03455, Lon: 23.48586



B Lāčupīte Arboretum

↔ 4 km, → | G loop,
GPS Lat: 57.04427, Lon: 23.35616

C Valgums Art Trail in forest

↔ 2 km, → | G loop,
GPS Lat: 56.98830, Lon: 23.31555

Valgums Barefoot Trail

↔ 3 km, → | G loop,
GPS Lat: 56.98830, Lon: 23.31555

Trail of Nature Art Pictures

↔ 4 km, → | G loop,
GPS Lat: 56.98720, Lon: 23.31342

D Kaņieris Castle Mound Trail

↔ 1,4 km, → | G loop,
GPS Lat: 56.99197, Lon: 23.42601

E Sulphur Ponds' Trail

↔ 0,8 km, → | G out&back,
GPS Lat: 56.96522, Lon: 23.46955

F Kaņieris Reeds Trail

↔ 2,8 km, → | G loop,
GPS
Lat: 56.99763, Lon: 23.47608



Kupskalni Nature Trail

← RIGA 30 km

20



**KĒMERI NATIONAL PARK,
LĀPMEŽCIEMS PARISH**
At the roadside of Sloka-Talsi highway,
at the parking lot near the River
Silīnupe

GPS Lat: 56.99117, Lon: 23.52346

15 min (one way)

0,5 km (one way)

Not marked, but can easily follow
the trail

Out-and-back

Wooden boardwalk (no exchange
areas), sand at the beach area

by car
by bus

! water motorcycles
forbidden
during swimming season (May-
October) and except assistance dogs

NATURE EDUCATION CENTRE "MEŽA MĀJA"

1 Tūristu Street, Kēmeri
T: +371 29149365
www.daba.gov.lv

ENGURE TOURIST INFORMATION POINT

114 Jūras Street, Engure
T: +371 63161701
E: tic@enguresnovads.lv
www.enguresnovads.lv

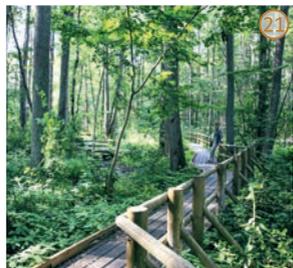
A short, nice, easy to hike trail allowing to reach the sea in Bigauņciems village quickly and comfortably. The trail stretches along the wooden boardwalk on the coast of the River Silīnupe all the way up to the wide and the very beautiful beach at the old pier of Lapmežciems village. Various water birds can often be seen on the way – mallards, common coots, grey herons etc.



FACILITIES



Nearby trails



Trail in Black-alder Swamp

← RIGA 31 km

21



ĶEMERI NATIONAL PARK
Suggested starting point:
Meža māja, 1 Tūristu Street, Ķemeri

GPS Lat: 56.95192, Lon: 23.51322

⌚ 0,5 h

↔ 1 km

— Not marked, but can easily follow the trail

→|⊙ Loop

↗ At the start of the boardwalk 14,4% slope, 2m



The trail introduces with a moist broadleaf forest – the black-alder swamp on the coast of River Vēršupīte. The black-alder swamp is particularly exciting in spring and early summer, when the swamp forest blossoms with gorgeous spring flowers, Marsh-marigolds and lots of forest birds can be seen and heard around. Yet the trail offers a nice walk also in the fall, when herbs gradually turn yellow and the variety of mushrooms and mosses on bare tree trunks stand out. In winter, the wet dams and the frozen river is covered with snow and feature the footprints of different animals.

Almost all woodpeckers found in Latvia, including the park symbol – white-backed woodpecker, recognise the black-alder swamp as a suitable habitat.

The wooden boardwalk in the black-alder swamp is connected with the Forest trail, which goes through a dry deciduous forest. Its length is around 600 m and it stretches along the paths of historical Ķemeri health resort park until the sulphurous spring pavilion The Lizard "Ķīrzaciņa" (~ 800 m) and the centre of Ķemeri (~ 1 km). The Forest trail is not accessible to people in wheelchairs.



FACILITIES



★ 1 Tūristu Street, Ķemeri, T: +371 29149365, www.daba.gov.lv

🌿 Wooden boardwalk 1,2 m wide, but no exchange areas, therefore the movement direction indicated in information stands should be observed. Wooden planks are not installed perpendicularly to the direction of movement and gaps between planks exceed 1 cm, however there is a metal sieve laid on the planks, which allows the boardwalk to be accessed by people in wheelchairs. At the start and end of the trail – asphalt and gravel.

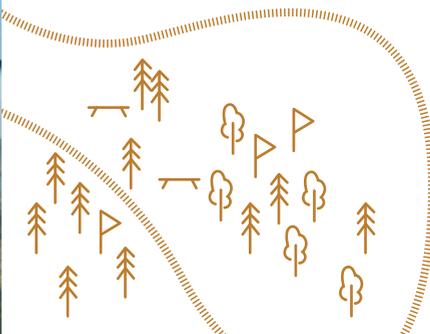
🚗 by car
🚊 by train or bus till Ķemeri



i NATURE EDUCATION CENTRE "MEŽA MĀJA" ★

TUKUMS TOURIST INFORMATION CENTRE

5 Talsu Street, Tukums
T: +371 28311557
E: tic@tukums.lv, www.visittukums.lv



Nearby sites and trails

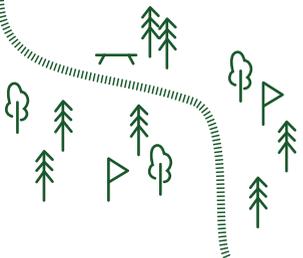


Photo: Publicity photo by Jelgava Regional TIC

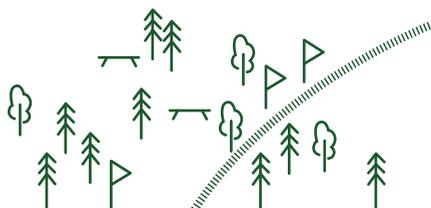


Photo: Inga Hamika

Photo: Inga Hamika



- 22 Flood-land meadows of the River Svēte**
- A Pokaini Forest**
 ↔ 15 km, → | G loop,
 GPS Lat: 56.57683, Lon: 23.07100
- B Tērvete Wooden Castle**
 GPS Lat: 56.48151, Lon: 23.37551
- C Tērvete Nature Park**
 ↔ various distances, 4-7 km,
 → | G loop,
 GPS Lat: 56.48580, Lon: 23.36890
- D Vilce Nature Park**
 ↔ 2 km, → | G loop,
 GPS Lat: 56.42100, Lon: 23.54300



Flood-land meadows of the River Svēte

← RIGA 41 km



FACILITIES



JELGAVA
 Suggested starting point:
 Entrance to the short path from the Vitolu road or entrance to the long path on Sniega Street

GPS Start of the route:
 Entrance to the short path from the Vitolu road:
 Lat: 56.63896, Lon: 23.68758
 Entrance to the long path on Sniega Street:
 Lat: 56.64462, Lon: 23.68320

Short path: 20 min
Long path: 0,5 h

Short path: 1 km (walking loop-type, incl. along the connecting gravel road)
Long path: 1,2 km

No marked, but can easily follow the trail

Short path: loop (walking along the connecting gravel road)
Long path: loop

Wooden boardwalk (1,8 m wide) with exchange areas. At the start of both trails and trail connection – gravel road.

by car



JELGAVA REGIONAL TOURIST CENTRE
 Jelgava Holy Trinity Church Tower (1st floor), 1 Akadēmijas Street, Jelgava
 T: +371 63005445
 E: tic@tornis.jelgava.lv
 www.visit.jelgava.lv



The boardwalks have been constructed to discover the flood-land meadows of the River Svēte – leisurely walks in nature on the outskirts of the city and observing the flora and fauna of the floodplain meadows. The boardwalks are built 1,5 m high to ensure safe and comfortable walk during the flooding season. The boardwalks are installed in two zones – the short path and the long path, both connected with a gravel road.

Nearby sites and trails

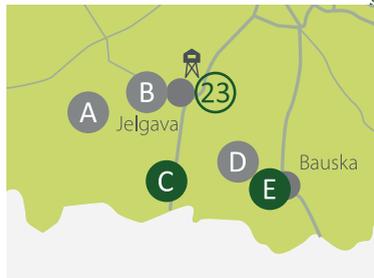


Photo: Publicity photo by Jelgava Regional TTC

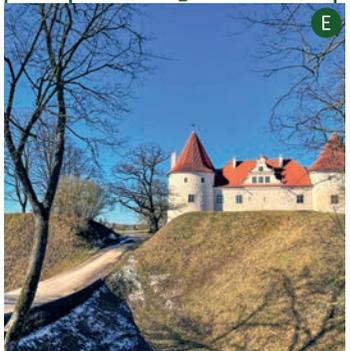


Photo: Publicity photo by Jelgava Regional TTC



B



D

Photo: Zemgale Planning Region

- 23 Jelgava Pasta Island**
- A Dobele Castle Ruins**
GPS Lat: 56.62143, Lon: 23.27107
- B Piils Island Trail**
↔ 3 km, → | G out&back,
GPS Lat: 56.66052, Lon: 23.72908
- C Eleja Manor Park**
↔ 2 km, → | G loop,
GPS Lat: 56.43240, Lon: 23.70373
- D Mežotne Castle Mound Nature Trail**
↔ 2 km, → | G loop,
GPS Lat: 56.44029, Lon: 24.04551
- E Bauska Castle**
GPS Lat: 56.40359, Lon: 24.17213



A



B

Photo: Publicity photo by Jelgava Regional TTC

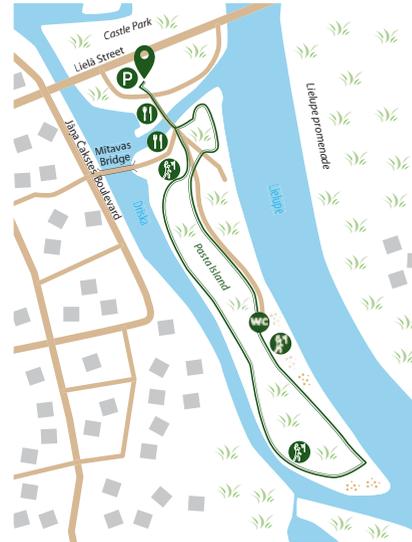


Jelgava Pasta Island



← RIGA 40 km

tactile guiding paving line at the entrance part of the park



- JELGAVA**
Suggested starting point:
Parking lot at Pasta Island
- GPS** Lat: 56.65345, Lon: 23.73267
- 1 h**
- 2,5 km**
- No marked, but can easily follow the trail
- Brick paving. At the start of the trail – asphalt, at the sand sculptures park – sand (surface is dense), at resting areas – gravel.
- by car
by bus or by a train
- !

The Pasta Island (*Pasta sala*) is a popular site among locals and city visitors. Its area is 9 ha with nice walking and cycling paths, children playgrounds and resting areas, outdoor gym devices, open-air stage, sculptures park, beach. The major city festivals are also being held here, e.g. the International Ice Sculpture and the Sand Sculpture festivals. Visit can also be taken during dark hours, as the island is installed with lights. A public skating rink is available in winter.

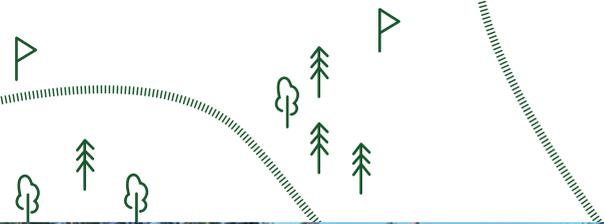


JELGAVA REGIONAL TOURIST CENTRE
Jelgava Holy Trinity Church Tower (1st floor), 1 Akadēmijas Street, Jelgava
T: +371 63005445
E: ti@tornis.jelgava.lv
www.visit.jelgava.lv



- FACILITIES**
- accessible
 -

Nearby trails



Olaine Forest Park

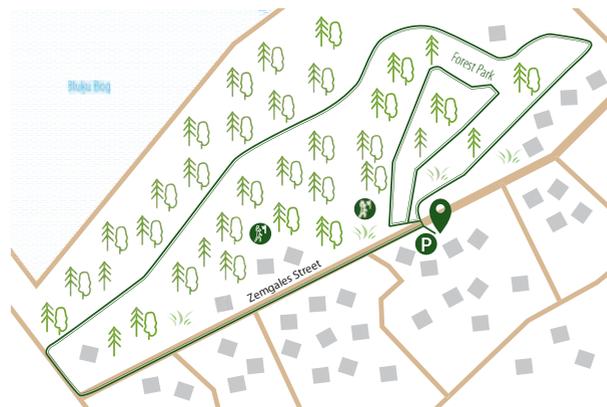


← RIGA 18 km



- 24** Olaine Forest Park
- A** Jaunolaine Walking Path
↔ 0,5 km, → | G loop, GPS Lat: 56.80831, Lon: 23.99209
- B** Jāņupe Quarry
↔ 1 km, → | G loop, GPS Lat: 56.69445, Lon: 24.10258

Photo: Olena Kažoka



Olaine Forest Park is definitely worth a visit, as here is a modern and spacious children playground, many walking paths surrounded by a pine forest and the highest graffiti artwork in the Baltics on a 45 m high water tower.

Those who're up to for some more activity may afterwards go on a 5 km distance along the recently constructed cycling way, which connects the Forest Park with the Līdumu quarry, or drive to the Līdumu quarry by car and then hike on a 3 km long nature trail around the quarry.



FACILITIES



coffee machine, rope track, outdoor gym devices, children playground – not handicap-adapted (closest accessible WC at the Olaine Municipality (33 Zemgales Street))



OLAINE
Suggested starting point:
Parking lot near the water tower

GPS Lat: 56.78303, Lon: 23.93276

1-1,5 h

Route may be adjusted as needed

Not marked, but can easily follow the trail

Loop

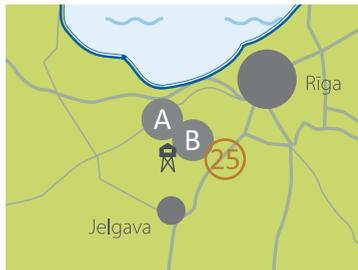
Asphalt, brick paving, gravel, average width 1,4 m

by car
 by bus
 by train till Olaine



OLAINE MUNICIPALITY
33 Zemgales Street, Olaine
T: +371 67964333
E: pasts@olaine.lv
www.olaine.lv

Nearby trails



25 Līdumu Quarry Nature Trail

A **Čenas Bog Boardwalk**
 ↔ 6 km, → | G loop,
 GPS Lat: 56.86266, Lon: 23.78916

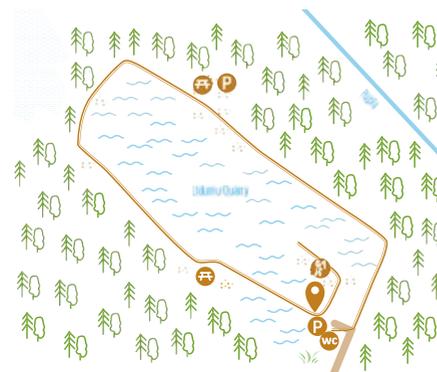
B **Christmas Battles Trail**
 ↔ 7 km, → | G loop,
 GPS Lat: 56.82958, Lon: 23.70118



Līdumu Nature Trail Quarry

← RIGA 27 km

25



LĪDUMU QUARRY, OLAINĒ COUNTY

GPS Lat: 56.78404, Lon: 23.87610

1 h

2,9 km

Not marked, but can easily follow the trail

Loop

At some asphalt part stretches there are some pits and at the parking lot – sand (though dense and hard), therefore assistant is recommended

Asphalt, gravel, path, wooden boardwalk (width 1,8 m)

by car



OLAINĒ MUNICIPALITY
 33 Zemgales Street, Olaine
 T: +371 67964333
 E: pasts@olaine.lv
 www.olaine.lv



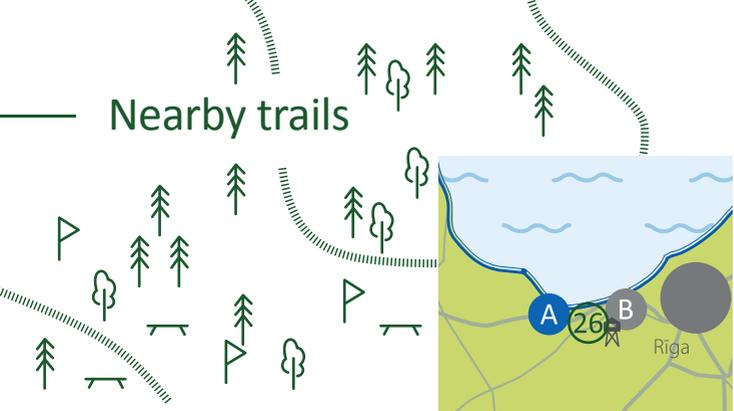
This is a nature trail, where to enjoy nature, water, silence, peace and have a good walk very close to Riga. Suggested in spring, autumn and winter, as in summer this is a very popular place to visit! The trail can be started by heading backwards and continuing the way along the right coast of the lake or starting straight from the parking lot by heading to the left. Going on the right, the trail at first stretches along the asphalt paving and soon the first information stand appears with the picture of the quarry and the route line. When reaching the farthest point of the quarry, the trail continues along the gravel-covered path and when getting on the other side of the quarry – continues along the wooden boardwalk, which gives a truly scenic walk along the left coast of the quarry. Those who're up to for some more activity may go on a 5 km distance along the recently constructed cycling way, which connects the Līdumu quarry with the Olaine Forest Park, or drive to the Forest Park by car and then hike for at least three more kilometres across the park paths. The Forest Park is worth a visit, here is a modern and spacious children playground, lots of walking paths and the highest graffiti artwork in the Baltics on a 45 m high water tower.

FACILITIES

not handicap-adapted



Nearby trails



- 26** Dzintari Forest Park
- A** Baltic Coastal Hiking Trail Section 22 (Dubulti-Lielupe-Bulduri)
 - ↔ 15 km, → ⓘ point-to-point, **GPS** Lat: 56.97177, Lon: 23.77111
- B** Ragakāpa Nature Park
 - ↔ 3,5 km, → ⓘ loop, **GPS** Lat: 56.99735, Lon: 23.90067



Dzintari forest park

← RIGA 22 km



DZINTARI FOREST PARK, JŪRMALA
Suggested starting point: Lazdonas Street, Dzintari

GPS Lat: 56.97690, Lon: 23.81773

OPEN I - XII, 09:00 - 22:00

⌚ 0,5 - 1 h

↔ Long loop around the park - 1,5 km, overall length of park paths ~ 3km

≡ Not market, but can easily follow the trail

→ ⓘ Loop

↗ Getting into the WC along the wooden ramp might be slightly hindered due to ramp construction, but overall the park paths are accessible

🌳 Brick paving, wooden boardwalk, asphalt. Average width 2 m.

🚗 by car
🚆 by train or bus till Dzintari



📍 **JŪRMALA TOURIST INFORMATION CENTRE**
5 Lienes Street, Majori
T: +371 67147900
E: info@jurmala.lv
www.visitjurmala.lv

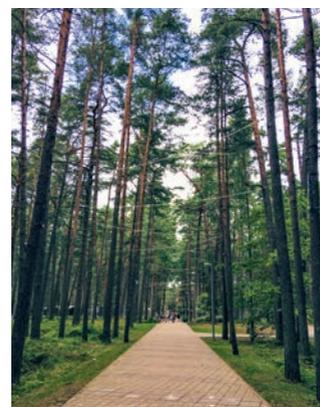
Park is intended both, for those who enjoy active activities and those who prefer to have a relaxing walk. At park, there are lots of offers to spend the time with children, family and friends, exercise and enjoy the scent of pines, as the key asset of the park is it's 200 years old pine tree stand.

Playgrounds for the children are made for various ages, there are special pavements for roller skaters and pedestrians, a skate park, streetball courts, cafes, as well as the adventure park "Jūrmalas Tarzāns" (Jūrmala Tarzan) with 5 obstacle tracks in the park. The park is open all year round. Cross-country skiing is available in winter. There is also a 33,5 m high watching tower with 12 small balconies at various heights. The playgrounds and the watching tower are not adapted for people with disabilities.



FACILITIES

- i** **P** **wc** **♿**
- ♿** **☕** **🍴** 2 accessible cafes
- RENT** **🚲** **🛼** **🛷** Roll/roll roller rental (all types of rollers, scooters, hoverboards etc.)
- ♿** **🚰** not handicap-adapted



Nearby sites and trails



Rhododendron Plantation at Babite

← RIGA 10 km



27 Rhododendron Plantation at Babite

A Beberbeķi Nature Park

↔ various distances,
→ n/a,
GPS Lat: 56.93471, Lon: 23.91919

B Abandoned plain in Skulte

GPS Lat: 56.91957, Lon: 23.94566



Photo: Iluta Roubisāne



“RODODENDRI”, SPILVE, BABĪTE COUNTY

GPS Lat: 56.96204, Lon: 23.95171

During working hours,
www.rododendri.lu.lv

See prices on
www.rododendri.lu.lv

45 min

1,9 km

Not marked, but can easily follow the trail

Loop

Asphalt

by car
by bus
by train till Babite



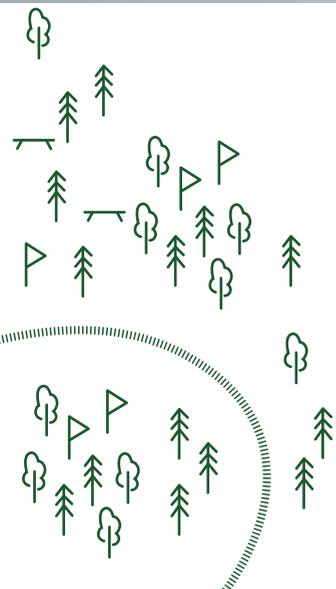
Travellers, who are interested in seeing the unique open-air collection of rhododendrons, are invited to visit the path at the Experimental and Breeding Nursery of Rhododendrons of the University of Latvia Babite, which stretches through the whole plantation territory. Although most rhododendrons bloom in the end of May and beginning of June, visitors will find it exciting to visit the plantation during any other time of the year as well, as here are various shrubs and trees and even a nice watching tower! During 40 years since establishment many plants have now reached 4-5 m in height. The watching tower is not accessible to people in wheelchairs.



FACILITIES



EXPERIMENTAL AND BREEDING NURSERY OF RHODODENDRONS OF THE UNIVERSITY OF LATVIA BABĪTE
"Rododendri", Spilve, Babite County
T: +371 67913107
E: rodod@lu.lv
www.rododendri.lu.lv



Nearby trails



Ķekava Park



28 Ķekava Park
A Baldones Story Trails
 ←→ 4 paths, various distances,
 →|G loop,
 GPS Lat: 56.76560, Lon: 24.43111



Ķekava park is a nice and spacious place for walks in the centre of Ķekava. The small river Ķekaviņa flows through the park and here is a children playground, benches and toilets installed along the way.



FACILITIES



ĶEKAVA
 Suggested starting point:
 Parking lot at Ķekava Tourist
 Information Centre

GPS Lat: 56.82876, Lon: 24.23881

1-1,5 h

Route may be adjusted as needed

Not marked, but can easily follow the trail

Loop

At some stretches the slope exceeds 8%, assistant is recommended

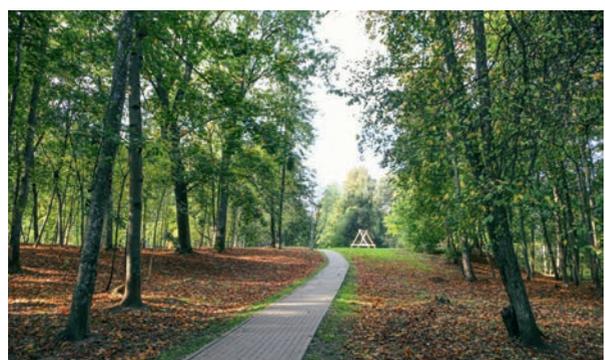
There is a small bridge on the way with steep ascent/descent, which shall be hard to get over in a wheelchair, and stairs, therefore these obstacles need to be bypassed, by driving some stretch back and then continuing the way in the desired direction.

Asphalt, gravel, brick paving, wooden boardwalk, average width 1,9 m

by car
 by bus



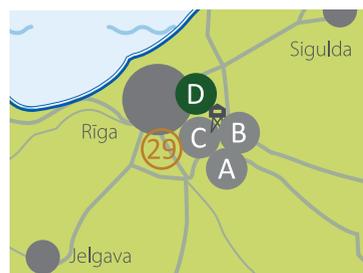
ĶEKAVA TOURIST INFORMATION CENTRE
 26 Rīgas Street, Ķekava
 T: +371 27017333
 E: turisms@kekava.lv
 www.kekava.travel



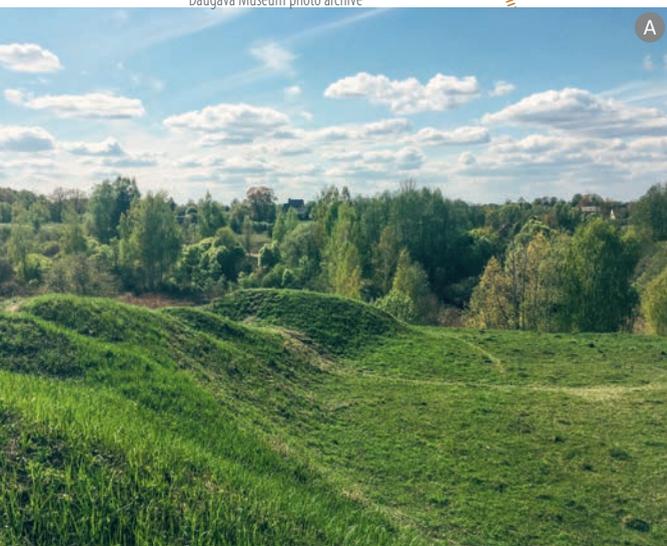
Nearby sites and trails



Photo: Aleksandrs Parfimovičs



Daugava Museum photo archive



29 Paths at Dole Manor Park

A Daugmale Castle Mound
GPS Lat: 56.8315, Lon: 24.3811

B Vecdole Castle Ruins
GPS Lat: 56.86059, Lon: 24.25100

C Dole Island Nature Park
↳ various distances, → | ♿ loop,
GPS Lat: 56.84947, Lon: 24.22945

D Daugava Promenade in Kengarags
↳ 5 km, → | ♿ point-to-point,
GPS Lat: 56.89195, Lon: 24.19838



Paths at Dole Manor Park



← RIGA 21 km



NATURE PARK OF DOLE ISLAND
Suggested starting point:
Parking lot at Daugava Museum

GPS Lat: 56.84947, Lon: 24.22945

OPEN During working hours,
www.daugavasmuzejs.lv

€ See prices on
www.daugavasmuzejs.lv
Free of charge for people with disabilities.

⌚ 45 min

↔ 1,5 km

— Not marked, but can easily follow the trail

⚠ Tree roots at few stretches may hinder the walk a little, therefore assistant is recommended

🌳 Asphalt, gravel, well-trodden path.
Width from 1,2 m up to 2,2 m.

🚗 by car

! ♿ | ♿

i **DAUGAVA MUSEUM**
Salaspils County
T: +371 67216367
E: daugavas.muzejs@inbox.lv
www.daugavasmuzejs.lv

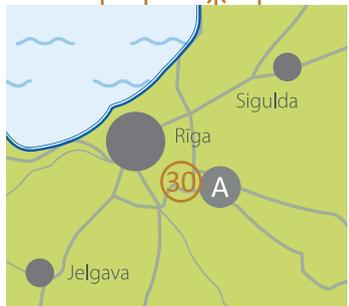
Dole manor park is located in the centre of Dole Island – the current territory of the Daugava Museum. The park has a significant cultural and historical value. Visitors can see an open-air exposition with an ancient fishermen house, as well as other thematic constructions and environmental objects. Here is also a nature monument – a large dolomite outcrop, which is one of the last cliffs on the industrially transformed coast of the Daugava River – this site is though not accessible to wheelchair users due to the terrain of the area, as there are steep stairs down the coast to reach the outcrop. However, the walk on the path stretching up the coast will still be very enjoyable, as it opens fantastic views over the Daugava River. The Museum offers to see various fishermen craft tools used by our ancestors and find out how the valley of the largest river in Latvia looked like before the construction of the HES cascade (the Museum is accessible to wheelchair users with an assistant).



FACILITIES

- i** **P** resting area, incl. fire-place site (for a fee), benches, not adapted
- ♿**
- WC** accessible

Nearby trails



30 Salaspils Beach

30 A Riga Hydropower Station Dam

↔ 15 km, → point-to-point
GPS Lat: 56.84360, Lon: 24.38733

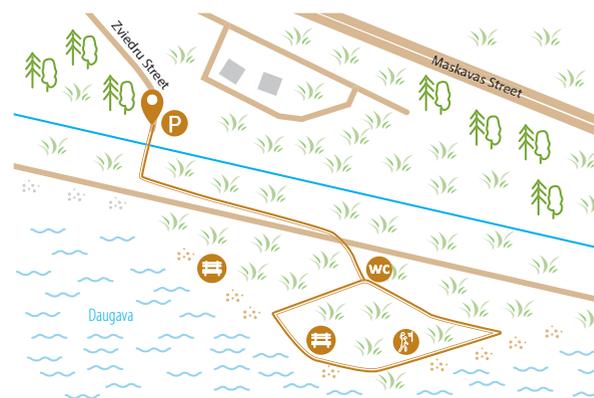


Salaspils Beach

30



← RIGA 13 km



DAUGAVA BEACH IN SALASPILS
Suggested starting point:
9 Zviedru Street

GPS Lat: 56.84921, Lon: 24.33658

0,5 h

1,5 km

At the start of the beach path 16,3% slope, 10 m

Not marked, but can easily follow the trail

Loop

Gravel in the beach zone. At the start and end of the trail – asphalt and brick paving.

by car or with a bus
 by train (till Salaspils train station)

except for the beach area

SALASPILS TOURIST INFORMATION CENTRE

1 Miera Street, Salaspils
T: +371 67945440
E: visit@salaspils.lv
www.visit.salaspils.lv

A beautiful, well-equipped resting place on the bank of the Daugava River to take a nice walk, sunbathe, swim and have a picnic with friends. The beach is equipped with outdoor exercise devices, children playgrounds, resting areas with tables, benches and campfire sites. During the summer season, there is a rescue station at the beach working and changing cabins available.



Around the year 1380, a church was built in this area, called by the name of the Livonian spiritual protector Saint George (in Latvian – Sv. Juris). During the wars, the church had several times been destroyed, but then restored again, unfortunately after the World War II it was left unattended and had been gradually demolished. During the construction of the hydroelectric power station in 1973, the remains of the church were blown up, but the ruins remained outside the flood zone. Today, the church ruins can still be seen at the Salaspils beach.

Beach paths are accessible for wheelchair users with an assistant (walk may be slightly hindered because of pebbles and a bit steep slope at the beginning of the beach trail). Beach equipment and amenities are not specially adapted. Beach toilets are not accessible either.

FACILITIES

not handicap-adapted

except for motorised floating vehicles Salaspils TIC



Nearby sites

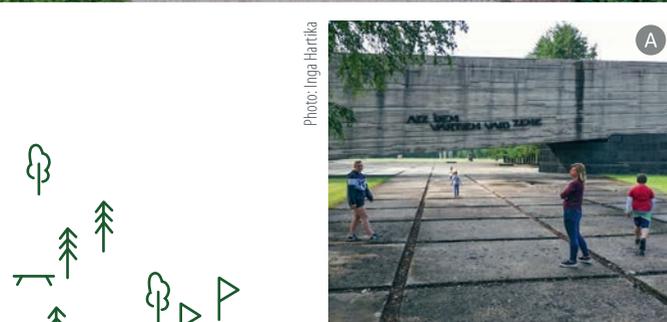


Photo: Inga Hartika



31 National Botanic Garden
A Salaspils Memorial Ensemble
↔ 1,5 km, → | G loop,
GPS Lat: 56.86995, Lon: 24.30451



FACILITIES

- i** TIC and info stand
- P** accessible parking lot near the Greenhouse (people with disabilities are allowed to enter the territory of the Botanic Garden)
- A** not handicap-adapted
- wc** accessible | **RENT** Salaspils TIC



National Botanic Garden

← RIGA 18 km



Over 120 hectares of the National Botanic Garden in Salaspils is home to the largest collection of plants in the Baltics, with more than 14,000 species. Diverse flower, tree, shrub and other plant expositions are presented here, as well as a rock garden and a multifunctional Greenhouse with four spacious halls – a succulent hall, a warm subtropical hall, a cool subtropical hall and a tropical hall.

Botanic Garden Plant Fairs, which are being organised once a month from April to October, have become a favorite event for gardening enthusiasts. The Botanic Garden also regularly hosts different other events – excursions and lectures, classes for pupils.

Botanic garden, incl. outdoor exhibitions and the Greenhouse, is accessible to people in wheelchairs.

NATIONAL BOTANIC GARDEN
1 Miera Street, Salaspils
T: +371 22019340,
E: welcome@nbd.gov.lv
www.nbd.gov.lv

SALASPILS
Suggested starting point:
1. TIC at 1 Miera Street in front of Salaspils train station (only for pedestrians)
2. The gates at Rigas Street – entry for cars with a parking lot inside the garden territory

GPS Entrance from the gates at Rigas Street:
Lat: 56.86356, Lon: 24.35146

OPEN www.nbd.gov.lv

€ www.nbd.gov.lv

🕒 2 h

↔ Total distance of paths ~ 5 km

— Not marked, but can easily follow the trail

→ | G Loop

🌳 Asphalt and brick paving in the central zone with paths at separate stretches along the border of the Botanic Garden

🚗 by car (entrance through the gates at Rigas Street)

🚆 by train (till Salaspils train station) or with a bus

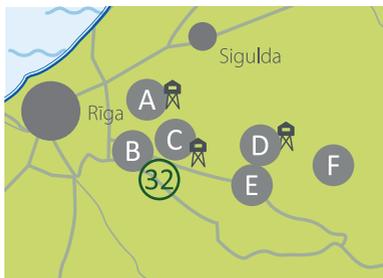
! except for assistance dogs

SALASPILS TOURIST INFORMATION CENTRE
1 Miera Street, Salaspils
T: +371 67945440
E: visit@salaspils.lv
www.visit.salaspils.lv



Nearby sites and trails

- 32** Daugava Promenade in Ogre and Ikšķile
- A** Zaķumuiža Nature Trail
↔ 1,8 km, → | G loop,
GPS Lat: 56.96952, Lon: 24.48797
- B** Trails at Ogre Blue Hills
↔ 12,9 km, → | G loop,
GPS Lat: 56.84270, Lon: 24.50611
- C** Great Kangari Trail
↔ 2,4 km, → | G loop,
GPS Lat: 56.91986, Lon: 24.73006
- D** Ķeipene Station
GPS Lat: 56.89588, Lon: 25.185068
- E** Rabbits' Kingdom
↔ 2,5 km, → | G loop,
GPS Lat: 56.77394, Lon: 25.01501
- F** Dullais Dauka Path
↔ 1,1 km, → | G loop,
GPS Lat: 56.83987, Lon: 25.35457



FACILITIES

- P** not adapted at the first intersection of Rīgas Street and Ogre promenade in the direction from Rīga to Ogre and in Ikšķile
- P** accessible – at 2 Brīvības Street, Ogre
- WC** accessible WC – in Ogre at nearby gas stations and shopping centres, in Ikšķile – at the municipality
- not handicap-adapted**

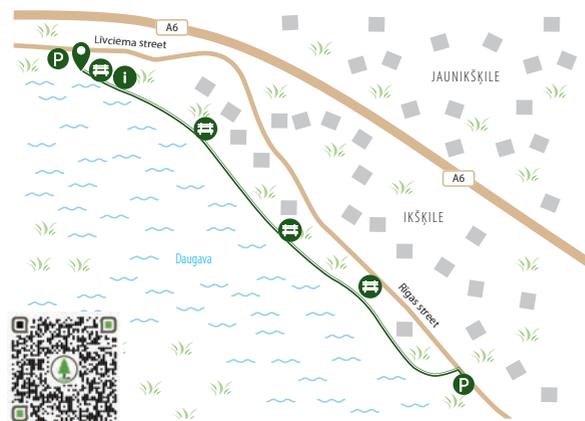


Daugava Promenade in Ogre and Ikšķile

32

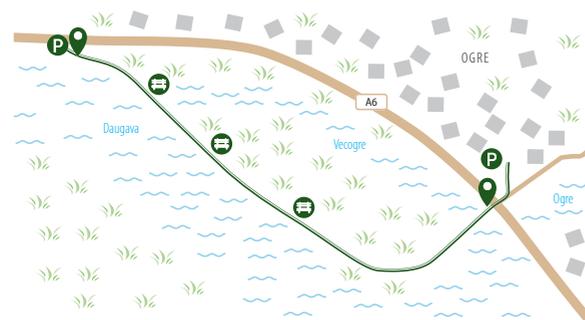


← RĪGA 31 km



The Daugava promenade is a popular place among locals and visitors for walking, cycling and fishing. The promenade, which is also the Rīga HPP protective dam, has been constructed to protect the adjacent areas from flooding.

The promenade has been recently renovated and stretches along the bank of the River Daugava in Ogre and Ikšķile. Both promenades are connected with a road, which is also suitable for cyclists.



OGRE TOURIST INFORMATION CENTRE
18 Brīvības Street, Ogre
T: +371 29491685
E: info@visitogre.lv
www.visitogre.lv

IKŠKĪLE TOURIST INFORMATION CENTRE
33A Birzes Street, Ikšķile
T: +371 26652148
E: turisms@ikskile.lv
www.ikskile.lv

OGRE AND IKŠKĪLE
Suggested starting point: In Ogre: First intersection of Rīgas Street and promenade in the direction from Rīga to Ogre or parking lot at 2 Brīvības Street
In Ikšķile: Parking spot at Kābeļu Hill or Ikšķile beach (20 Rīgas Street)

GPS In Ogre
First intersection of Rīgas Street and promenade in the direction from Rīga to Ogre: Lat: 56.81839, Lon: 24.56593
Parking lot at 2 Brīvības Street: Lat: 56.81321, Lon: 24.60017
In Ikšķile
Parking spot at Kābeļu Hill: Lat: 56.84441, Lon: 24.45297
Parking spot at Ikšķile beach: Lat: 56.82108, Lon: 24.50040

⌚ In Ogre: 1 h (one direction)
In Ikšķile: 1,5 h (one direction)

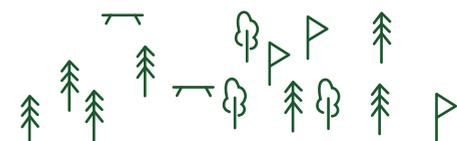
↔ In Ogre: 2,6 km (one direction)
In Ikšķile: 3,75 km (one direction)

— Not marked, but can easily follow the trail

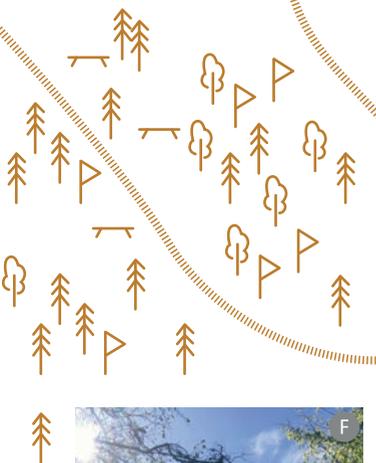
→ | G Point-to-point

🌳 Asphalt

🚗 by car or with a bus
🚆 by train till Ogre or Ikšķile

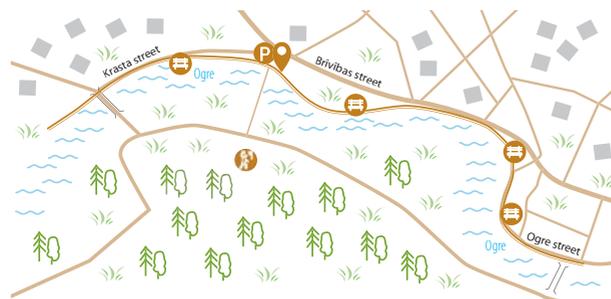


Nearby trails



Promenade along the coast of the River Ogre

← RIGA 35 km



OGRE
Suggested starting point:
Parking lot opposite the Ogre
Evangelical Lutheran Church

GPS Lat: 56.81667, Lon: 24.61835

1 h (one way)

2 km (one way)

Not marked, but can easily follow the trail

Point-to-point

At the start of the promenade the slope exceeds 8%

Gravel, asphalt

by car or by bus
by train till Ogre

OGRE TOURIST INFORMATION CENTRE
18 Brivibas Street, Ogre
T: +371 29491685
E: info@visitogre.lv
www.visitogre.lv

The promenade stretches along the coast of the River Ogre, opening a fantastic view over the river and allowing to feel the swimming resort atmosphere of the last century's twenties and thirties in Ogre. At the start of the promenade there is a pedestrian bridge over the river built in 1966, which is the largest arched bridge in Latvia.



FACILITIES



33 Promenade along the coast of the River Ogre

A Špakovskis Park
↔ 2,2 km, → loop,
GPS Lat: 56.80382, Lon: 24.63555

B Ķegums Park
↔ 0,8 km, → point-to-point,
GPS Lat: 56.74269, Lon: 24.71807

C Rembate Park
↔ 1 km, → loop,
GPS Lat: 56.71944, Lon: 24.80111

D Blind Swamp Trail
↔ 3,5 km, → loop,
GPS Lat: 56.51009, Lon: 25.10567

E Koknese Nature Trail
↔ 5,65 km, → point-to-point,
GPS Lat: 56.64485, Lon: 25.42620

F Linde Manor Park
GPS Lat: 56.69866, Lon: 24.84946



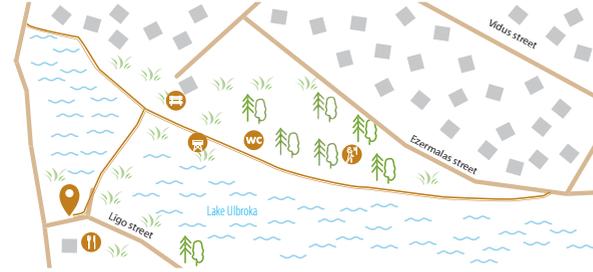
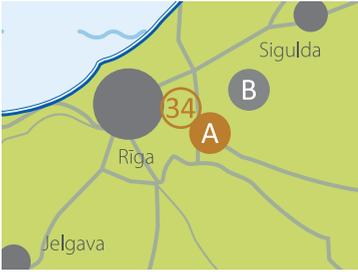
Nearby sites and trails



Lake Ulbroka nature trail



● ← RIGA 10 km



The surroundings of Lake Ulbroka offer a wide range of recreational activities including beach, swimming area, playgrounds, outdoor exercise devices, obstacle and activity track, as well as other activities of interest for adults and children, and, of course, a great path through a beautiful forest along the lake. Enjoy a relaxing walk in nature in just 20 minutes' drive from the center of Riga!



- 34** Lake Ulbroka Nature Trail
- A** Ligo Park
↔ 0,7 km, → G loop,
GPS Lat: 56.93399, Lon: 24.30744
- B** Ropaži Castle Ruins
GPS Lat: 56.97895, Lon: 24.63038

FACILITIES



STOPINI COUNTY, ULBROKA
Suggested starting point:
1 Ezermalas Street

GPS Lat: 56.93654, Lon: 24.28749

⌚ 0,5 h (one way)

↔ 1 km (one way)

— Not marked, but can easily follow the trail

→ G Out-and-back

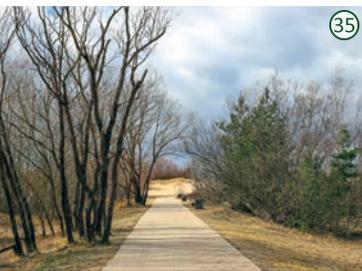
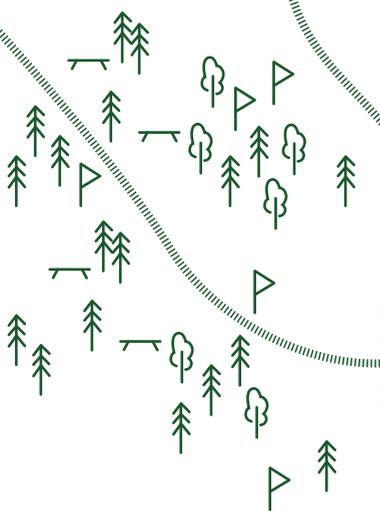
🌳 Asphalt, brick paving, gravel, wooden boardwalk, average width 1,20 m

🚗 by car
🚌 by bus till Ulbroka

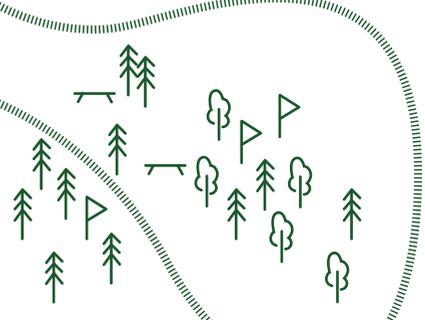


i **STOPINI MUNICIPALITY**
1a Institūta Street, Ulbroka
T: +371 67910518
E: novada.dome@stopini.lv
www.stopini.lv

Nearby trails



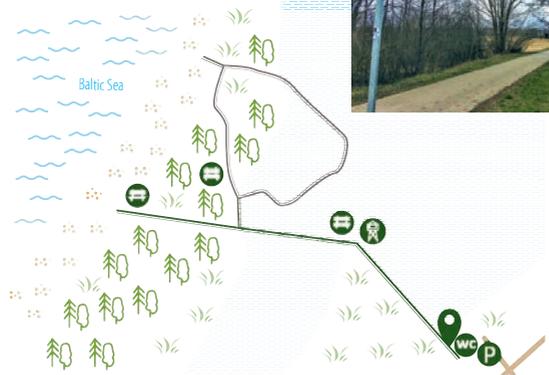
- 35** Daugavgrīva Nature Trail
- A** Baltic Coastal Hiking Trail Section 23 (Bulduri-Rīga Centre)
↔ 23 km, → |G point-to-point
GPS Lat: 56.98117, Lon: 23.85150
- B** Vakarbuļļi Beach Boardwalk
↔ 0,85 km, → |G loop
GPS Lat: 57.01938, Lon: 23.96674
- C** Old Path to Vakarbuļļi Beach
↔ 0,9 km, → |G out&back
GPS Lat: 57.02444, Lon: 23.99412
- D** Daugavgrīva Pier (challenging path)
↔ 2,5 km, → |G out&back
GPS Lat: 57.04649, Lon: 24.02131



Daugavgrīva nature trail



← RIGA 14 km



NATURE PARK PIEJŪRA, RIGA
Suggested starting point:
Last stop of bus No.3

GPS Lat: 57.03688, Lon: 24.01852

Whole loop - 1 h. Hiking time for the accessible stretch - 0,5h (one way).

Whole loop - 4 km. Length of the accessible stretch - 1 km (one way).

Direction sign in the beginning of the trail and at the start of the Cognitive path

Accessible part of the path - out-and-back. Whole track - loop.

Turning off the brick paved path on to the Cognitive path ~20% slope, 4 m

Accessible stretch - brick paving (total width incl. the cycling lane is 3m, pedestrian lane - 1,7m wide). Cognitive path - well-trodden path, wooden boardwalk 75 cm wide, no exchange areas, not accessible for people in wheelchairs. Start of the trail at the parking lot and dry toilets - asphalt.

by car
by bus till Daugavgrīva



RIGA TOURIST INFORMATION CENTRE
Rātslaukums 6, Rīga
T: +371 67037900
E: info@rigatic.lv
www.liveriga.com

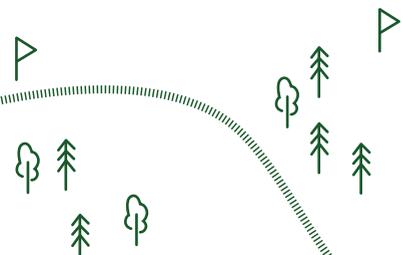
The trail is easy to reach from the city centre, therefore, similar to Mangalsala, this is an ideal destination for those who want to have a short break out from the city fuss and enjoy nature. The trail allows to take a tour in the nature park and see its reeds and lagoons. This is a perfect place for bird watching, since the whole territory is crossed by one of the most important bird migration routes in Europe. There is a bird viewing platform along the trail, built in two levels, allowing to observe the birds and the wide meadows of the nature park. The first stretch of the trail (brick paved straight path leading to the sea), as well as the first level of the bird viewing platform, are accessible to people in wheelchairs. The beach sand area, though, is not accessible, so it will not be possible to reach the water in a wheelchair. The continuation of the trail - the wooden boardwalk of the Cognitive path stretching through the park meadows and reeds - is not accessible to people in wheelchairs, since the width of the boardwalk is only 75cm. Depending on the type of the baby-stroller and skills of the driver, the boardwalk, although quite narrow, might be accessible to parents with baby-strollers.



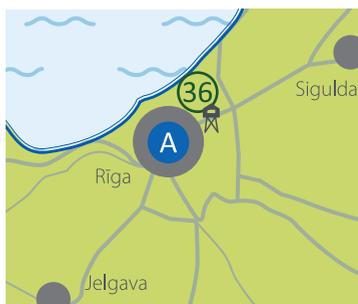
FACILITIES



Nearby trails



36 Mangaļsala Walking Paths
A Baltic Coastal Hiking Trail Section 24 (Rīga Centre–Vecāķi)
 ↔ 24 km, → | G point-to-point
 GPS Lat: 56.94746, Lon: 24.10538



Mangaļsala walking paths

← RIGA 15 km

- First path:
- Second path:
- Third path:



NATURE PARK PIEJŪRA, RĪGA
 Suggested starting point: Mangaļsala Street (near the River Vecdaugava)

GPS First path: Lat: 57.07207, Lon: 24.08730
 Second path: Lat: 57.06263, Lon: 24.05517
 Third path: Lat: 57.06180, Lon: 24.04167

- First path: 15 min (one way)
 Second path: 20 min (one way)
 Third path: 45 min (one way)
- First path: 0,7 km (one way)
 Second path: 1 km (one way)
 Third path: 2,5 km (one way)
- Not marked, but can easily follow the trail

Mangaļsala is easy to reach from the city centre, therefore, similar to the Daugavgrīva nature trail, this is an ideal destination for those who want to have a short break out from the city fuss and enjoy nature. There are few wheelchair accessible paths at Mangaļsala, which allow to take a tour in the nature park, to see its forests and dunes, as well as fortifications, which have been left from the German, Swedish and Russian armies. The first path allows to enjoy a nice walk through the pine forest. The path is made as a wooden boardwalk, partly accessible to people in wheelchairs (assistant is suggested). The path goes to the sea, however it is not possible to reach the beach itself and enjoy the sea view. The second path allows to enjoy not just the walk through the pine forest to the sea, but also crosses a small swamp with characteristic bog view. Turning on to the trail it starts as a well-trodden path, whereas the further stretch is a good quality wide wooden boardwalk. This path is adapted for people in wheelchairs and it is also possible to reach the beach and see the famous wreck of the Swedish ship Lady Kotlin, once ran aground here in 1951. The third path leads to the East mole and has not been made as an accessible trail, however might be possible to hike and even reach the lighthouse with the help of an assistant.



FACILITIES

- RIGA TOURIST INFORMATION CENTRE**
 Rātslaukums 6, Rīga
 T: +371 67037900
 E: info@rigati.lv
 www.liveriga.com
- accessible
- at the second path there are few spots with gymnastic constructions
- not handicap-adapted

- Out-and-back
- In the first path there are few slopes slightly exceeding 8%, therefore assistant is suggested
- In the first path there might be few planks damaged on the boardwalk
- Start of first two paths – asphalt, brick paving, further – gravel, wooden boardwalk (on average 2m wide). The boardwalk of the first path is slightly narrower, no protective border, no exchange areas, therefore assistant is suggested. Third path – asphalt, concrete paving.

by car
 by bus till Mangaļsala



Nearby sites and trails

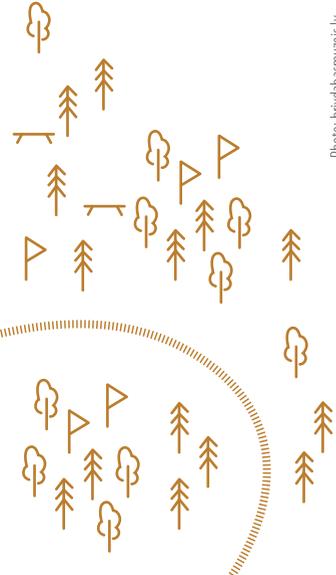


Photo: brivdabasmuzejs.lv



Garciems nature trail



- 37** Garciems Nature Trail
- A** Baltic Coastal Hiking Trail Section 24 (Riga Centre–Vecāķi)
 - ↔ 24 km, → | G point-to-point
 - GPS Lat: 56.94746, Lon: 24.10538
- Baltic Coastal Hiking Trail Section 25 (Vecāķi– Carnikava)
 - ↔ 14 km, → | G point-to-point
 - GPS Lat: 57.07892, Lon: 24.10933
- B** The Ethnographic Open-Air Museum of Latvia
 - ↔ various distances, → | G loop
 - GPS Lat: 56.99443, Lon: 24.26900
- C** Vecāķi Beach
 - ↔ various distances, → | G loop
 - GPS Lat: 57.08019, Lon: 24.10488

A very pleasant walking path with a good quality wooden boardwalk stretching through the pine forest along the Eimura channel up to the sea-coast. On the left side of the trail one can admire the high dunes, sometimes reaching even 16,5 m above the sea level. The sand area of the beach is not fully accessible to people in wheelchairs, yet the boardwalk stretches very close to the coast, therefore with a help of an assistant it might be feasible to reach the water.

At the end of the trail a virtual object can be found. It is called "Lampreys are coming" and features an augmented reality work by artist Gints Gabrans.

FACILITIES

- P** restrictions apply during summer season (except for people with disabilities)
- TUT** (Toll-free phone)
- WC** (Toilet)
- W** (Water)
- not handicap-adapted



NATURE PARK PIEJŪRA, GARCIEMS
Suggested starting point: Aizvēju Street

GPS Lat: 57.10803, Lon: 24.19226

⌚ 20 min (one way)

↔ 0,7 km (one way)

⚠ At few stretches assistant advised as slope exceeds 8%

— Baltic Coastal Hiking Trail marking can be followed, the trail itself has no specific marking

→ | G Out-and-back

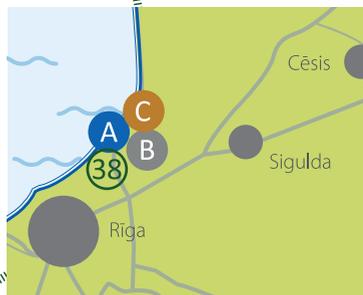
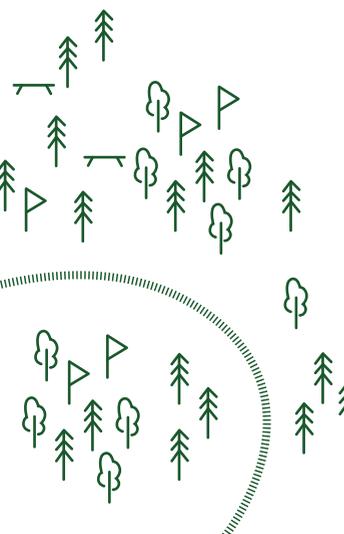
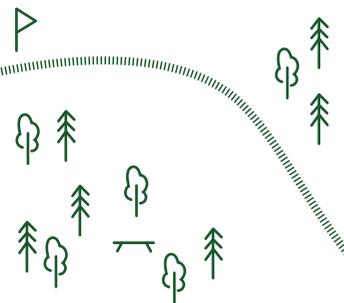
🌲 Wooden boardwalk 1,75 m wide, with exchange areas

🚗 by car
🚆 by train (till Garciems train station)
🚌 by bus

!

i **CARNIKAVA TOURIST INFORMATION CENTRE**
5 Stacijas Street, Carnikava
T: +371 67708443
E: tic@carnikava.lv
www.tourism.carnikava.lv

Nearby trails



Carnikava promenade

← RIGA 26 km



Assistant suggested at the last stretch of the promenade (near the sea)

- 38** Carnikava Promenade
- A** Baltic Coastal Hiking Trail Section 26 (Carnikava-Saulkrasti)
 - ↔ 20 km, → | G point-to-point, GPS Lat: 57.13309, Lon: 24.28353
- B** Ādaži Active Forest Trail
 - ↔ 3 km, → | G loop, GPS Lat: 57.09116, Lon: 24.35781
- C** Lilaste Beach Boardwalk
 - ↔ 0,1 km, → | G out&back, GPS Lat: 57.18753, Lon: 24.32928



Carnikava promenade allows to enjoy a comfortable and pleasant walk through the forest to the sea. The concrete slabs of the promenade surface feature the Liv Road pattern concept, depicting the three colors' wave - black, white, red - as a symbol of the Gauja River and the coast. For the convenience of visitors, there is a number of resting areas with benches and bicycle stands, as well as information boards with health exercise descriptions inviting everyone to do a bit of gymnastics in nature. The beach sand area is not accessible to people in wheelchairs, so it will not be possible to reach the water.

FACILITIES

- not adapted
- accessible
- shed at the beach with solar sells (during sunny weather visitors can charge their electrical appliances and use wi-fi)



NATURE PARK PIEJŪRA, CARNIKAVA
Suggested starting point: 2 Laivu Street

GPS Lat: 57.13323, Lon: 24.26480

0,5 h (one way)

2 km (one way)

Baltic Coastal Hiking Trail marking can be followed, the trail itself has no specific marking

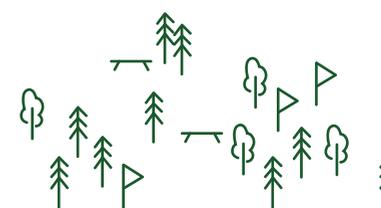
Out-and-back

Few slopes exceeding 8% on the last stretch of the promenade (for the toilet onwards)

Concrete slabs at the promenade zone until dunes and wooden boardwalk at the dunes' zone

by car or with a bus
by train (till Carnikava train station)

CARNIKAVA TOURIST INFORMATION CENTRE
 5 Stacijas Street, Carnikava
 T: +371 67708443
 E: tic@carnikava.lv
 www.tourism.carnikava.lv



Nearby sites and trails



- 39** Sunset Trail
- A** Baltic Coastal Hiking Trail Section 27 (Saulkrasti-Lauči)
 ↳ 13 km, → | G point-to-point
 GPS Lat: 57.26724, Lon: 24.41160
- Baltic Coastal Hiking Trail Section 28 (Lauči-Tūja)
 ↳ 15 km, → | G point-to-point
 GPS Lat: 57.36708, Lon: 24.40136
- B** Munchausen's Beer Mug Trail
 ↳ 1,3 km, → | G out&back
 GPS Lat: 57.40488, Lon: 24.42467
- C** Munchausen's Forest Trail
 ↳ 5,5 km, → | G loop
 GPS Lat: 57.40488, Lon: 24.42467
- D** Veczemju Cliffs
 GPS Lat: 57.58216, Lon: 24.36765



Sunset Trail

← RIGA 43 km



FACILITIES



SAULKRASTI
 Suggested starting point:
 Parking lot at the White Dune

GPS Lat: 57.23367, Lon: 24.39358

1,5 h (one way)

3,6 km (one way), incl. wooden boardwalk ~ 1 km

At some stretches the slope exceeds 8%. At the start of the trail just before the wooden boardwalk the ascent is significant – 20%, but may be overcome with the help of an assistant.

Baltic Coastal Hiking Trail marking can be followed, the trail itself has no specific marking

Point-to-point

Wooden boardwalk, path

by car or bus till Inčupe
 by train till Saulkrasti



SAULKRASTI TOURIST INFORMATION CENTRE

13b Ainažu Street, Saulkrasti
 T: +371 67952641
 E: tic@saulkrasti.lv
www.visitsaulkrasti.lv

A really scenic trail, which starts at the White Dune and finishes at the Sun bridge, stretching along the coast just several steps from the beach. Here you will see lots of peculiarly shaped trees – pines with branches the same length as the trunk bending upwards and downwards, trees with double tops, a birch with five trunks, the so-called wolf pines with roots exposed by the wind, as well as 20 dune forest stately pines (some even 200 years old!). A viewing platform, which is located at the start of the trail on the 18 m high sand outcrop of the White Dune, reveals a fantastic landscape of the coast, as well as meanders of the Inčupe River and its estuary to the sea.

It should be noted that the length of the wooden boardwalk is about 1 km and after that the trail continues along a well-trodden forest path, which is not accessible to wheelchairs users.



Trail to Paradise Hill



← RIGA 60 km



Photo: Sigulda TIC

Nearby sites and trails



Photo: Sigulda TIC

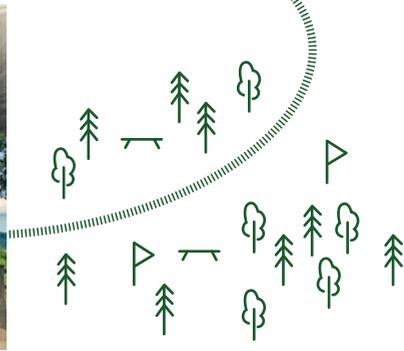
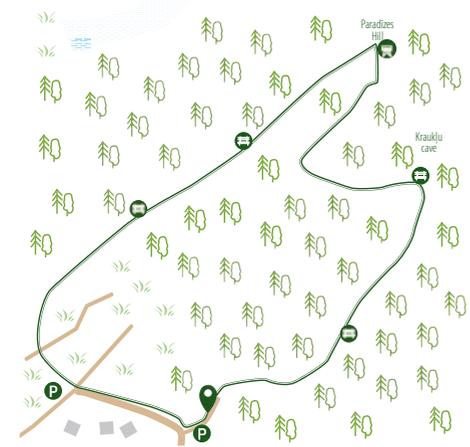


Photo: Sigulda TIC

- 40 Trail to the Paradise Hill**
- A Emperor's view**
↔ 0,4 km, → | G out-and-back
GPS Lat: 57.14370, Lon: 24.81939
- B Sigulda Castle Quarter**
↔ 0,5 km, → | G out-and-back
GPS Lat: 57.16557, Lon: 24.85020



The Paradise hill is also known as the Painter's hill, since this is one of the most scenic sites, which has been painted since ancient times. The Paradise Hills offers breathtaking views of the Turaida Castle and the ancient valley of Gauja. It's within easy reach for visitors – the trail is in just 30 min walk from the city centre along comfortable pedestrian paths.



FACILITIES

- accessible
- with several steps



GAUJA NATIONAL PARK, SIGULDA
Suggested starting point:
Parking lot at Sigulda cemetery

GPS Lat: 57.17077, Lon: 24.85932

45 min

2,1 km

Not marked, but can easily follow the trail, there are direction signs to objects of interest

Loop

Space between planks on the bridge exceeds 1 cm

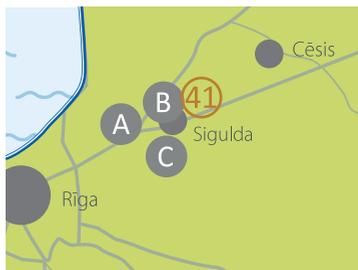
Gravel, wooden boardwalk (small bridge). Asphalt at the parking lot.

by car or bus
 by train till Sigulda



SIGULDA TOURIST INFORMATION CENTRE
6 Ausekļa Street, Sigulda
T: +371 67971335
E: info@sigulda.lv
www.tourism.sigulda.lv

Nearby trails



41 Trail along Gutman's Cave

A Hunters' Strength Trail and Witches Cave

↔ 1,5 km, → | ⊕ out&back, GPS Lat: 57.1279, Lon: 24.63171

B Vikmeste Trail

↔ 3,5 km, → | ⊕ loop, GPS Lat: 57.17839, Lon: 24.82373

C Mežmuiža Springs

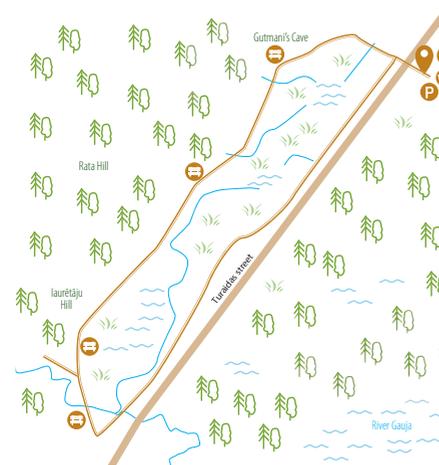
↔ 0,7 km, → | ⊕ loop, GPS Lat: 57.10041, Lon: 24.80028



Trail along Gutman's Cave



● ← RIGA 58 km



GAUJA NATIONAL PARK, SIGULDA

Suggested starting point: Tourist Centre *Gūtmaņala*, 2a Turaidas Street

GPS Lat: 57.17623, Lon: 24.84680

1 h

↔ 2,5 km

Not marked, but can easily follow the trail, there are direction signs to objects of interest

→ | ⊕ Loop

At some stretches the slope exceeds 8%, assistant is recommended

Space between planks at some wooden boardwalks exceeds 1 cm

Asphalt, gravel, wooden boardwalk (width 1,15 - 2 m)

by car or bus
by train till Sigulda



SIGULDA TOURIST INFORMATION CENTRE GŪTMAŅĀLA

2a Turaidas Street, Sigulda
T: +371 61303030
E: info.gutmanala@sigulda.lv
www.tourism.sigulda.lv

Gutman's cave is the largest grotto type cave in the Baltics. On the cave walls you may read engravings even from the 17th century and the cave is considered one of the oldest tourist attractions in Latvia. The surroundings of the cave are suitable for leisurely walks, there are comfortable paths that will allow to enjoy truly fascinating views of the red sandstone cliffs and see several smaller caves nearby. Especially recommended in autumn, when the leaves are coloured in bright autumn shades.



FACILITIES

i TIC and information stands

P accessible (for a fee, for holders of disabled parking card - free of charge)

WC accessible

There are stairs when passing the tunnel connecting the parking lot with the trail. A chair lift is available, but it is suggested to contact the Information Centre *Gūtmaņala* before the visit, to make sure that the lift is operational.



Photo: Sigulda TIC

Nearby sites and trails

42 Līgatne Nature Trails

A Vienkoči Park

↔ 1,5 km, → | G loop,
GPS Lat: 57.19168, Lon: 25.05283

B Līgatne Historical Centre and Cave Cellars

↔ 4 km, → | G loop,
GPS Lat: 57.23354, Lon: 25.04000

C Cēciņu Nature Trail

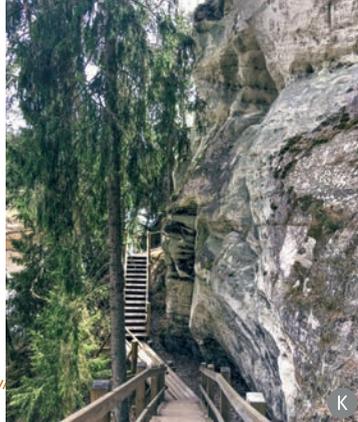
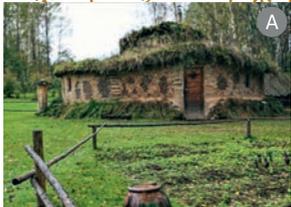
↔ 2; 4; 12 km, → | G loop,
GPS Lat: 57.21605, Lon: 25.16809

D Amata Geotrail

↔ 26 km, → | G point-to-point,
GPS Lat: 57.23760, Lon: 25.20161

E Cēsis Castle and Park

↔ 1 km, → | G loop,
GPS Lat: 57.31344, Lon: 25.26999



F Ciruļišu Nature Trail

↔ 3,5; 6,2 km, → | G loop,
GPS Lat: 57.30680, Lon: 25.22110

G Raiskums Red Cliffs

↔ 1,5 km, → | G loop,
GPS Lat: 57.32151, Lon: 25.22205

H Kazu Ravine

↔ 0,6 km, → | G out&back,
GPS Lat: 57.33208, Lon: 25.31912

I Lielā Ellīte

↔ 0,5 km, → | G loop,
GPS Lat: 57.38360, Lon: 25.42740

J Liču Laņģu Cliffs

↔ 6 km, → | G loop,
GPS Lat: 57.39046, Lon: 25.41690

K Sietiņezis

↔ 1,6 km, → | G loop,
GPS Lat: 57.43066, Lon: 25.38308



Līgatne nature trail

← RIGA 68 km

42



GAUJA NATIONAL PARK, LĪGATNE

Suggested starting point:
Nature Education Centre *Pauguri*

GPS Lat: 57.24253, Lon: 25.01146

www.ligatnesdabastakas.lv
Free of charge for persons with disabilities

0,5 h (one way)

0,9 km (one way)

At some stretches the slope exceeds 8%,
assistant is recommended

Direction signs (arrows and animal
paw prints)

Out-and-back

At some stretches there might be some
tree roots and a small step at the start/
end of the wooden boardwalk

Gravel, wooden boardwalk

by car
by bus till Lejaslīgatne



LĪGATNE NATURE TRAILS' INFORMATION CENTRE

Līgatne Nature Trails, Līgatne County
T: +371 64153313
E: dabastakas@ligatne.lv
www.ligatnesdabastakas.lv

Līgatne Nature Trails are a well-established network of trails in the traditional forest landscape of Gauja National Park. Here you can see intact landscapes and various species of wild animals living in Latvia – bear, fox, lynx, elk, deer, boar, badger, racoon dog, marten, squirrel, hare, polecat, dormouse and owl.

The total distance of paths is about 4-5 km, with various difficulty levels. There are two stretches accessible to wheelchair users – starting from the Nature Education Centre *Pauguri* towards: 1) the bear lodging (300 m); 2) the foxes lodging (600 m).

! People with disabilities are allowed to enter the area with a car.



FACILITIES

i Info Centre and information stands

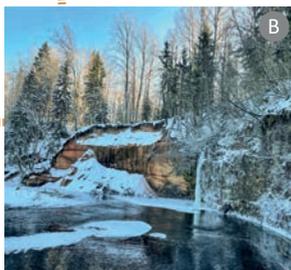
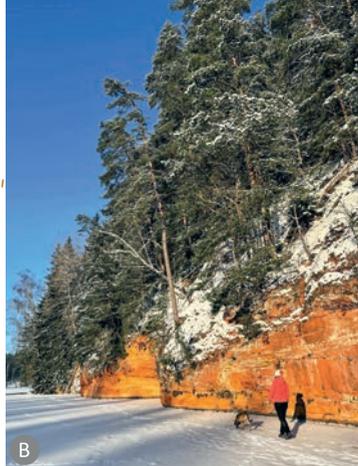
P accessible at the nature education centre "Pauguri" and Info Centre

wc accessible at the nature education centre "Pauguri" and Info Centre

in summer and in Līgatne



Nearby trails



43 Lēdurga Dendropark

A Kubesele Nature Trail
 ↔ 4,1 km, → | G loop,
 GPS Lat: 57.16366, Lon: 24.76821

B Trail along the coast of the River Brasla
 ↔ 11 km, → | G point-to-point,
 GPS Lat: 57.28758, Lon: 24.93471

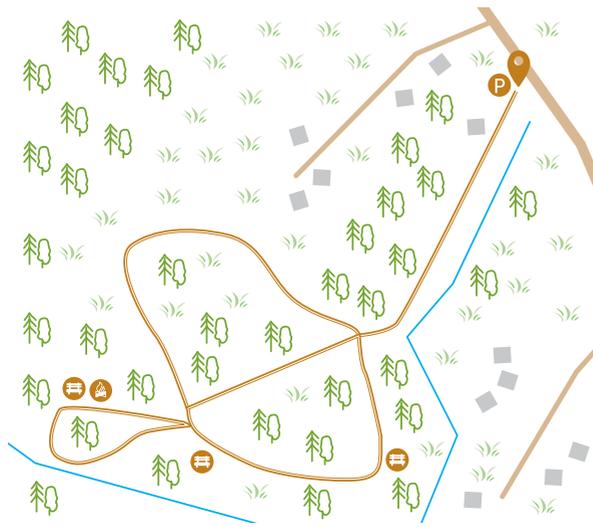
FACILITIES
 not handicap-adapted

i P
A B WC
♿



Lēdurga Dendropark

← RĪGA 68 km



Lēdurga Dendropark has a very interesting history. It has mainly been created by one man – Arvids Janitens, who in 1973 on his own initiative started to plant trees, bushes and perennials in a previously underutilised rural area. Now more than 1000 subspecies of different trees and bushes have been growing here, including many North Vidzeme climate fragile tree plants. This is the largest collection of non-native origin tree plants in Latvia and it has become a protected natural and cultural historical object.

There are many resting areas at the park that will satisfy any taste. Therefore it is possible to organise some event here (a picnic with friends or family, a wedding ceremony etc.) and choose an appropriate resting site – should it be a twig hut with benches and a fire-place site, a fine gazebo for photo shoots or a spacious tent for more people. There are also many different interest objects in the park – wooden sculptures, a labyrinth, a horoscope circle, Mudurga boulder etc.

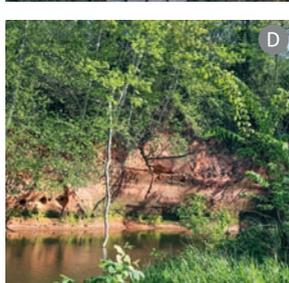
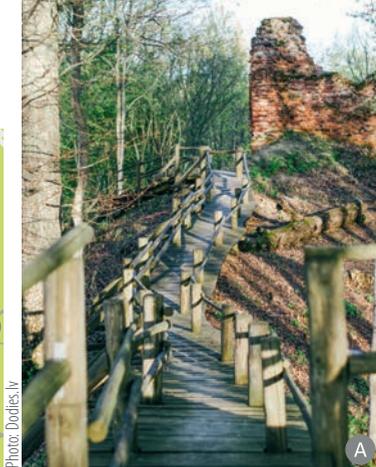
There is one main path stretching through the park, which is also accessible to people in wheelchairs, with many paths branching off it that allow to admire the various trees, bushes and plants growing in the park, as well as the interest objects here. The total area of the park is 47,2 ha and the overall length of the paths exceeds 2,5 km.

- LOCATION** LĒDURGA
- GPS** Lat: 57.31557, Lon: 24.76152
- OPEN** During park working hours
- PRICE** Adults 2,50 EUR
See prices on: www.ledurgasdendroparks.lv
- TIME** 1 h
- ROUTE** Route may be adjusted as needed
- MARKING** Not marked, but can easily follow the trail
- TYPE** Loop
- PATH** Gravel, asphalt, well-trodden path (on average 2 m wide)
- ACCESS** by car, by bus
- WARNING** !

KRIMULDA MUNICIPALITY
 Structural Unit Lēdurga Dendropark,
 Lēdurga
 T: +371 25549747
 E: info@ledurgasdendroparks.lv
www.ledurgasdendroparks.lv
 (only in Latvian)



Nearby sites and trails



44 Lielezers Nature Trail

A Augstroze Trail
 ↔ 0,5 km, → | G loop,
 GPS Lat: 57.51425, Lon: 25.01330

B Baltic Coastal Hiking Trail Section 29 (Tūja-Svētciems)
 ↔ 24 km, → | G point-to-point,
 GPS Lat: 57.49126, Lon: 24.38187

Baltic Coastal Hiking Trail Section 30 (Svētciems-Ainaži)

↔ 26 km, → | G point-to-point,
 GPS Lat: 57.6878, Lon: 24.36298

C Niedrāju Pilkas Swamp Trail
 ↔ 1,3 km, → | G loop,
 GPS Lat: 57.74023, Lon: 24.64008

D Liv Sacrificial Caves
 GPS Lat: 57.71631, Lon: 24.4900

E Randu Meadows Trail
 ↔ 1,75 km, → | G out&back,
 GPS Lat: 57.83349, Lon: 24.34472

F Ainaži Pier
 ↔ 0,85 km, → | G out&back,
 GPS Lat: 57.87364, Lon: 24.3605

Lielezers nature trail



LIMBAŽI MUNICIPAL AGENCY LAUTA
 3 Toņa Street, Limbaži
 T: +371 64070608
 E: tic@limbazi.lv
www.visitlimbazi.lv

NORTH VIDZEME BIOSPHERE RESERVE
 Suggested starting point:
 12 Lielezera Street, Limbaži

GPS Main parking lot (in the middle of the trail at the city swimming site):
 Lat: 57.50282, Lon: 24.70541
 On the left side of the trail:
 Lat: 57.49303, Lon: 24.70548
 On the right side of the trail (49 Jūras Street):
 Lat: 57.50683, Lon: 24.69651

⌚ 1 h

↔ 3,6 km one direction (with climbing the watching tower)

⚠ On the right side of the trail some support of an assistant might be needed when going up and down the small pontoon bridge over the River Donaviņa. The terrain on the left side of the trail is pretty uneven, this stretch will be particularly enjoyed by those who like to overcome some small challenges.

— Few signs marking the start of the trail at some trail stretches, not marked over the whole length, but can easily follow the trail

→ | G Out & back

⚠ On the right side of the trail the gaps between planks are ~2cm wide, but can be passed with the electric wheelchair

⚠ On the right side of the trail - wooden boardwalk, average width ~ 150 cm. On the left side of the trail - gravel and path. In the middle part of the trail near the beach also asphalt and brick pavement.

🚗 by car
🚌 by bus till Limbaži



The trail is situated in the centre of Limbaži town and stretches along the coast of the Lake. The area provides for nice walking options with wooden boardwalks and paths. Here you can also climb a small watching tower, have a rest at the sandy beach, have a boat ride in the Lake and do some angling. Children can enjoy playing at the playgrounds. The watching tower allows bird lovers to spot some of the 99 bird species present in this area. Here is also an interesting art object to see – the Pike Perch with a Silver Scale. It is said that if you find it and rub, your wish may come true! Since 2015 the beach at Lielezers is every year being awarded with the eco certificate – the Blue Flag.



FACILITIES

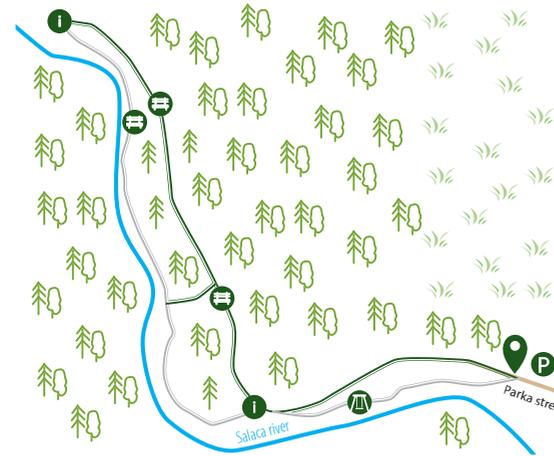


Skaņaiskalns

nature trail



← RIGA 146 km



NATURE PARK SALACA VALLEY
Suggested starting point:
36 Parka Street, Mazsalaca

GPS Lat: 57.86319, Lon: 25.02654

OPEN Daily 10:00-18:00 (May – October).
Outside working hours the park is open
to visitors by obtaining the entrance pass
through Mobilly (sms).

€ Adults 2 EUR,
entrance with a car – 5 EUR
See prices on www.mazsalaca.lv

⌚ 1,5 h (one way)

↔ 3 km (one way)

→ Direction signs

→|G Out-and-back

↗ At some stretches the slope exceeds
8%

🌳 Path, asphalt

🚗 by car

!

i **MAZSALACA TOURIST
INFORMATION CENTRE**
1 Rūjienas Street, Mazsalaca
T: +371 28374774
E: turisms@mazsalacasnovads.lv
www.mazsalaca.lv

Nearby trails



45 Skaņaiskalns Nature Trail

A Purezers Trail
↔ 3,1 km, →|G loop,
GPS Lat: 57.67955, Lon: 24.92851

B Ungurpils Wheel-track
↔ 0,6 km, →|G out&back,
GPS Lat: 57.77181, Lon: 24.81899

C Planču Bog Trail
↔ 0,4 km, →|G out&back,
GPS Lat: 57.88155, Lon: 24.75252

D Dauģēnu Nature Trail
↔ 9,1 km, →|G point-to-point,
GPS Lat: 57.92406, Lon: 24.97173

The trail stretches along the coast of the Salaca River and is particularly charming thanks to the red sandstone outcrops of the Devonian period. There are many wooden sculptures along the entire trail up until the most famous object at the end of the trail – the 20 m high Skaņaiskalns cliff. There is also a 14 m long Devil's cave, the Devil's Stone and the Devil's Chancellery, which opens a great view over the Salaca River from the Nellķu (ENG - carnation) Cliffs, as well as many other objects of interest.

The asphalt part of the trail is wheelchair accessible.



FACILITIES



RMK Kabli

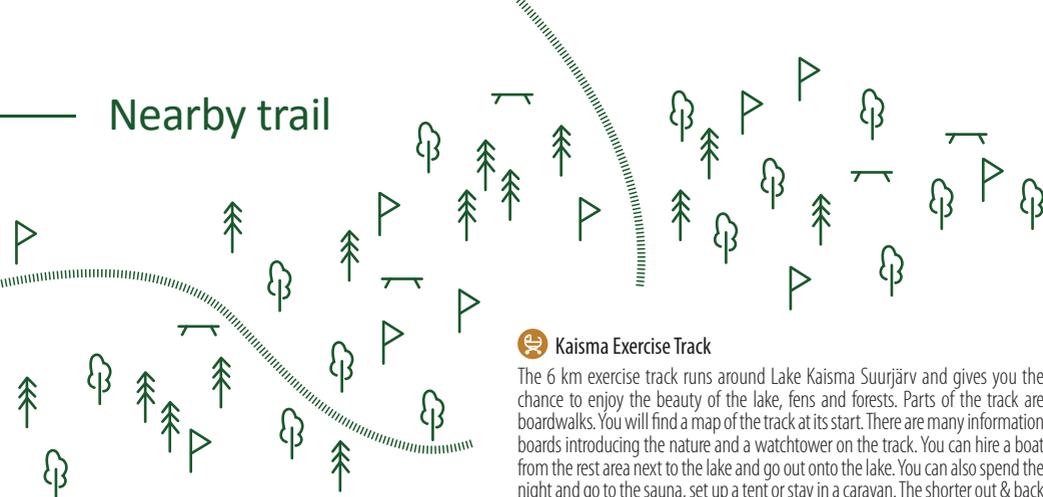
Nature Study Trail



TALLINN 170 km
PÄRNU 49 km



Nearby trail

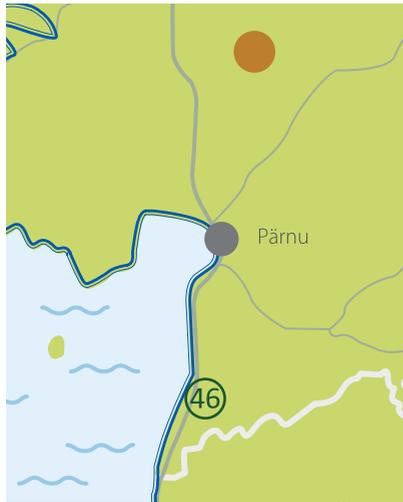


Kaisma Exercise Track

The 6 km exercise track runs around Lake Kaisma Suurjärv and gives you the chance to enjoy the beauty of the lake, fens and forests. Parts of the track are boardwalks. You will find a map of the track at its start. There are many information boards introducing the nature and a watchtower on the track. You can hire a boat from the rest area next to the lake and go out onto the lake. You can also spend the night and go to the sauna, set up a tent or stay in a caravan. The shorter out & back trail until the watchtower (about 2 km) is accessible to parents with baby-strollers.

www.visitparnu.com

← 6 km, → loop,
GPS Lat: 58.69342, Lon: 24.69157



KABLI VISITOR CENTRE,
KABLI VILLAGE, HÄÄDEMEESTE
PARISH

GPS Lat: 58.01880, Lon: 24.45059

1-2 h

1,8 km

Wooden arrow signs

Loop

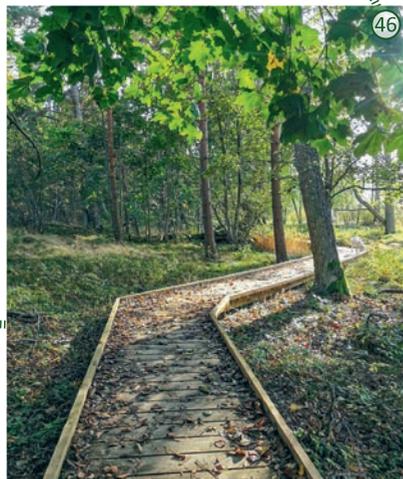
Wooden boardwalk (width 1,5 m),
forest road. At the start and end of the
trail – gravel.

by car



STATE FOREST MANAGEMENT
CENTRE (RMK)

Kabli Visitor Centre
T: +372 5058242
E: info.kabli@rmk.ee
www.loodusegakoos.ee



On the edge of the beautiful coastal sea in Kabli, there is a 1,8 km study trail introducing diverse landscapes and habitats. The nature study trail begins at the Kabli Visitor Centre, where you will also find the Priivitsa campfire site. There are also two information stands with the trail map, bird boxes, 2 bird observation towers and several interest points along the trail.

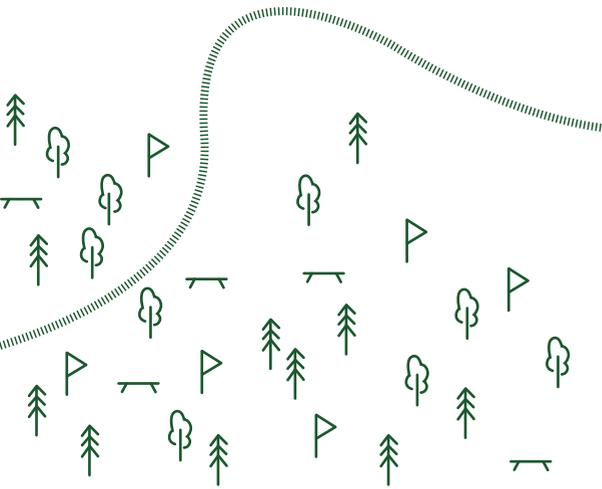
FACILITIES



the trail ends at Priivitsa
campfire site



Nearby trail



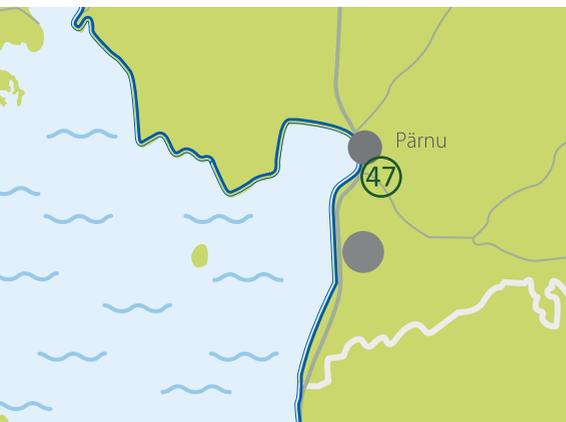
RMK Rannametsa-Tolkuse nature study trail

The circular 2.2 km trail, partly on boardwalk, is situated in Luitemaa Nature Reserve. At leisurely pace it takes about 1.5 to 2 hours to complete. The trail winds to sandy dunes covered with airy heath pine forest and rises to Tornimägi hill where there is an 18 m high observation tower offering stunning views of Häädemeeste coastal meadow and the Pärnu bay from one side and the Tolkuse bog from the other side. The end of the trail leads through Tolkuse bog.

www.loodusegakoos.ee

↔ 2,2 km, → loop,
GPS Lat: 58.13457, Lon: 24.51186

FACILITIES  



Pärnu Beach Promenade

← TALLINN 127 km



The attractive Beach Promenade offers the feeling of a real resort and makes the Estonian Summer Capital's beaches inviting even in bad weather! Romantically winding down the beach, the promenade surprises you with its well-thought functionality, and playfulness that comes from the use of different materials and fountains.

The lighting keeps the beach active even when the sun goes down, and the playing colours of the fountains are a sight in themselves in the darkness of the night. Come and enjoy real beach feeling!



FACILITIES

 parking for a fee during summer (free parking with a disabled parking card)    



Photo: Priit Loog

47



 5 RANNA PUIESTEE, PÄRNU

GPS Lat: 58.37198, Lon: 24.50817

 0,5 h (one way)

↔ Accessible stretch - 0,5km (one way)

 Not marked, but can easily follow the trail

→|G Point-to-point

 During the low season (autumn, winter, spring) the trail might be partly covered with sand

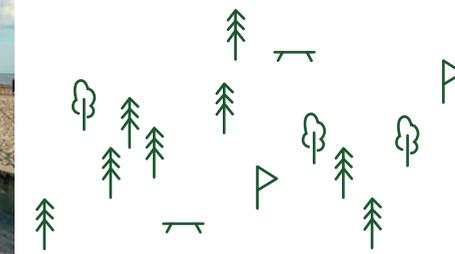
 Wooden path (width 2,3 – 3,10 m), paving stone (width 4 m). At the start and end of the trail – asphalt and sand.

 by car
 by public bus

 PÄRNU TOURIST INFORMATION

E: info@visitparnu.com
www.visitparnu.com

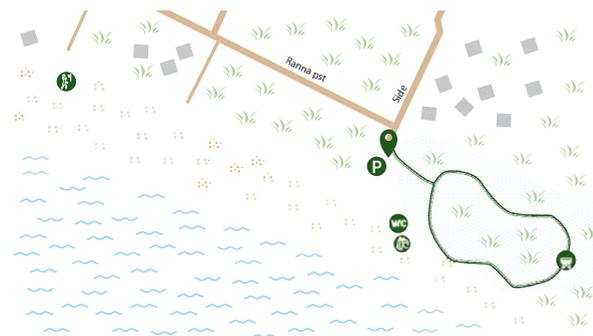
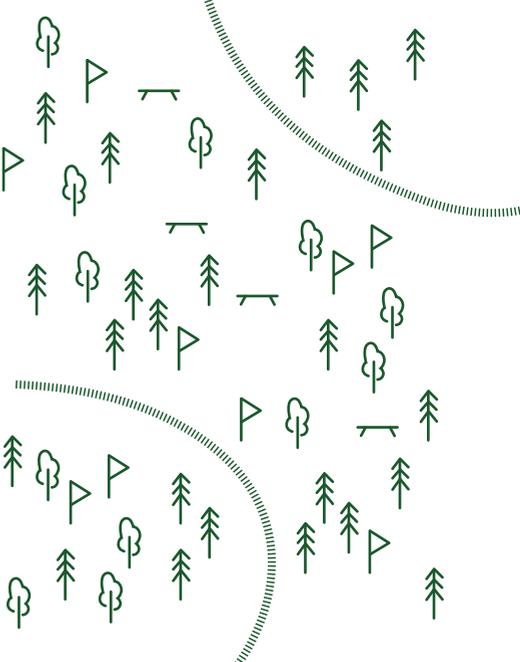


Nearby trail



Pärnu coastal meadow hiking trail

TALLINN 127 km



9 RANNA PUIESTEE, PÄRNU

GPS Lat: 58.37234, Lon: 24.50813

0,5 h

0,6 km

Not marked, but can easily follow the trail

Loop

Few minor slopes

Wooden boardwalk (width 2 m). At the start and end of the trail – asphalt and sand.

by car
by public bus



PÄRNU TOURIST INFORMATION
E: info@visitparnu.com
www.visitparnu.com

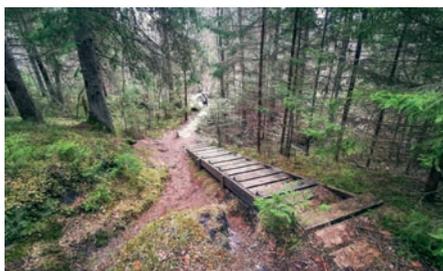
RMK Kilingi-Nõmme forest trail

The trail starts from RMK Kilingi-Nõmme forest house and outdoor classroom; see the trail map on the information board. There are a number of stairs and boardwalk sections along the trail and a barbecue hut at the end of the trail. This is a forestry-themed study trail, devised by Hendrik Relve. In the shelter of the outdoor nature classroom, hikers can rest their feet and have a picnic, and schools can teach biology classes.

www.loodusegakoos.ee

3 km, loop
GPS Lat: 58.15145, Lon: 24.93640

FACILITIES



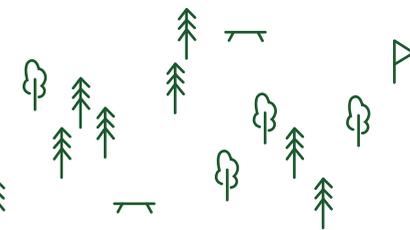
The coastal nature reserve of Pärnu covers 341 hectares of woods, lagoons and coastal meadows. This is also a pasture for cattle or city cows, as well as a favourite nesting place for birds and amphibians.

A 600 m hiking trail with a viewing platform, which stands right by the sea in the middle of the Pärnu beach, was constructed for visitors to be able to explore the unique ecosystem of the city. The visitors can walk above the backwaters and look for unique protected plants.

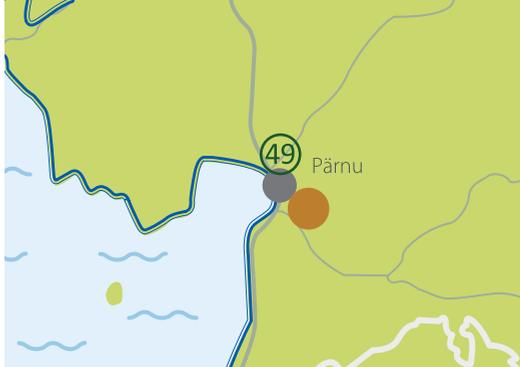


FACILITIES

parking for a fee during summer (free parking with a disabled parking card)

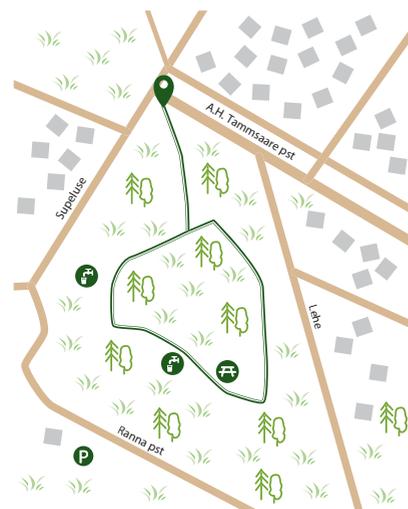
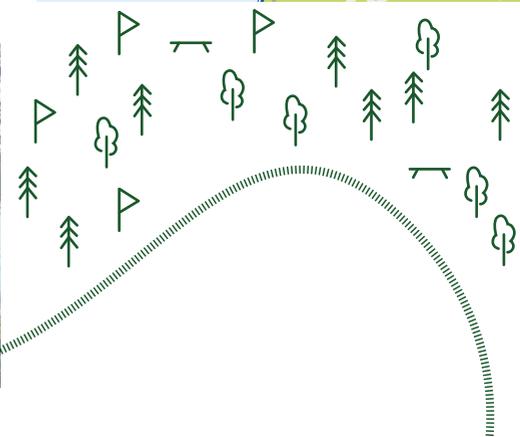


Nearby trail



Pärnu Beach Park

← TALLINN 123 km



RMK Tammiste forest trail

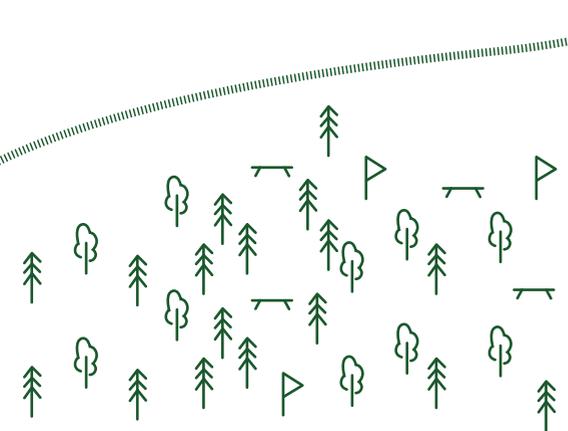
The 2.8 km forestry trail offers relaxation and information about forest life, introduces forest management and conservation. The trail is well suited for walking and recreational sports.

www.loodusegakoos.ee

↔ 2,8 km, → out&back,
GPS Lat: 58.37246, Lon: 24.57120



Photo: Silver Köster



RANNAPARK P2, PÄRNU
Suggested starting point: Corner of Supeluse Street and A.H. Tammsaare puistee

GPS Lat: 58.37782, Lon: 24.49883

0,5 h

1 km

Not marked, but can easily follow the trail

Loop

Mainly gravel or path (width 3 m). Some of the road is covered with asphalt.

by car
 by public bus



PÄRNU TOURIST INFORMATION
E: info@visitparnu.com
www.visitparnu.com

The green areas, boulevards and shady parks are an integral part of Pärnu as a resort town. The Beach Park was established in 1882 and was declared a nature protection zone due to its wide variety of plant species. The park is located right beside the beach and is a popular place for a walk or just to relax.

Since the summer of 2010, the traditional park area has been divided into different areas by theme and usage: main square, art square, party games and peace square. The park area adjacent to the sea has a modern and safe playground for children. A fitness trail passes through the park, and there are plenty of places to have a picnic.

FACILITIES

parking for a fee during summer (free parking with a disabled parking card)



Nearby trail



Photo: Priidu Saart

RMK Nigula bog study trail

Hikers can enjoy the intact forest masses and, if lucky, also meet some wild animals. After the walk they can have a rest and picnic in the parking area.

www.loodusegakoos.ee

↔ 6 km, → | G out&back,
GPS Lat: 58.00699, Lon: 24.71407



50



Pärnu Mole Boardwalk

50



← TALLINN 125 km

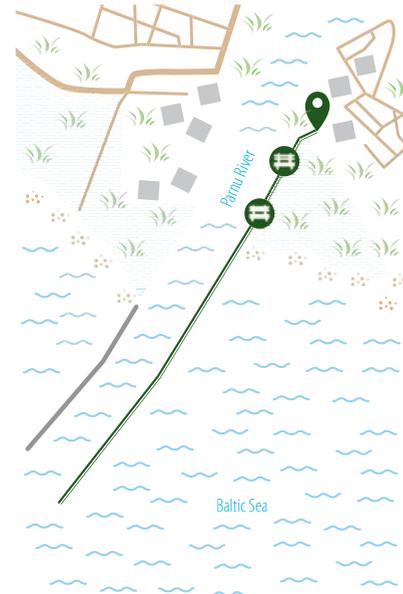


Photo: Reimo Ruubel



8 MUULI STREET, PÄRNU
(near the Memorial to the Victims of the Estonia Ferry Disaster)

GPS Lat: 58.38184, Lon: 24.48370

50 0,5 h

↔ Accessible stretch - 0,5 km (one way)

— Not marked, but can easily follow the trail

→ | G Out-and-Back

🌲 Wooden boardwalk (width 3 m).
At the start and end of the trail – asphalt and sand.

🚗 by car
🚌 by public bus

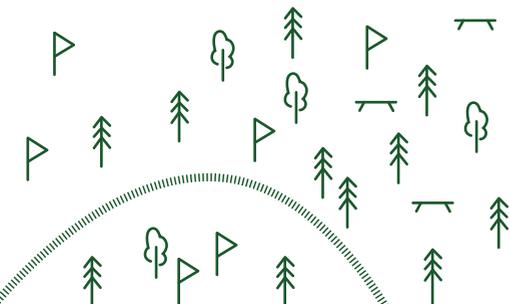


PÄRNU
TOURIST INFORMATION
E: info@visitparnu.com
www.visitparnu.com

Pärnu has always been an important harbour. To prevent sand build-up in the mouth of the river, moles made of logs were built there in early 19th century, as ordered by merchants. After they collapsed, more permanent stone moles and shore reinforcements were built, in addition to dredging the fairway. Local farmers brought field stones for both moles from the surrounding area and the beaches of Kihnu Island. The construction work was completed in 1869. The 2 km long moles have remained unchanged and become popular walking destinations for holidaymakers. The mole on the left bank of the river has become the symbol of Pärnu. At the beginning of 2019, a new illuminated boardwalk was completed, starting at the Rannapark and winding along the Pärnu River. The half-kilometer-long light road built on the piles ends at a sandy beach near the mole. There are seating benches and bicycle racks on the trail. The new boardwalk quickly became a very popular walking spot for locals!

FACILITIES

P parking for a fee during summer (free parking with a disabled parking card) | **i**



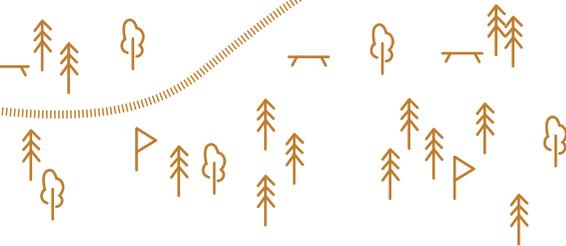
Nearby trail



Photo: Priidu Saart



51



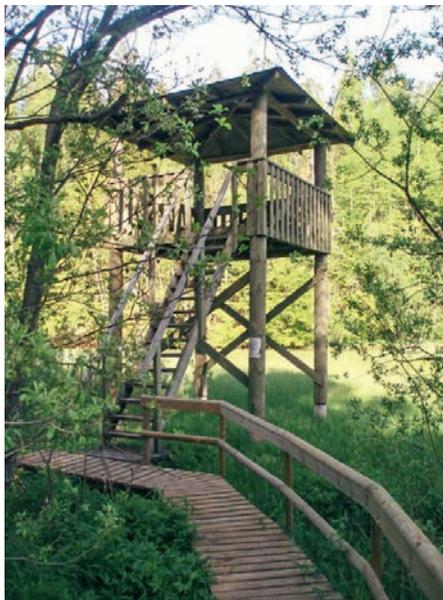
RMK Lake Rae hiking trail

The 1,7 km hiking trail starts at Lake Rae campsite and leads along the lakeshore, where you can spot common kingfishers or beaver activities. The trail offers fascinating views for photography enthusiasts and families with children.

www.loodusegakoos.ee

↔ 1,7 km, → loop,
GPS Lat: 58.12153, Lon: 24.76965

FACILITIES



51



Pärnu Moat

← TALLINN 125 km



Pärnu moat is full of charm, from the well-lit promenade that winds its way around it to the romantic footbridge and the fountain that spurts up in the middle of it (which happens to be the highest in Estonia).

The amphitheatre-style concert venue here is the perfect place to soak up a bit of culture. Nearby you can also see a blacksmith at work, while models of the city present its development from fortified settlement to the city it is today. You can explore the passageways between fortresses made of compacted soil and admire the restored Tallinn Gate, the starting point of an old postal route.

A special playground will keep the little ones entertained too.

FACILITIES

- parking for a fee during summer (free parking with a disabled parking card)
-
-
-
-

Photo: Priidu Saart



Part of the trail is accessible only with an assistant (especially the path that runs through the Tallinn Gate)

1A ÖHTU STREET, PÄRNU

GPS Lat: 58.38303, Lon: 24.49418

1 h

1,5 km

Slope at some stretches slightly exceeds 8% (e.g. the bridge), might take some effort for seniors and wheelchair users, assistant might be suggested

Not marked, but can easily follow the trail

Loop

Footbridges. There are two footbridges on the trail. One bridge is not accessible for the wheelchair, but wheelchair users can go around.

Gravel (width 2,5 – 3,10 m). At the start and end of the trail – asphalt.

by car
 by public bus

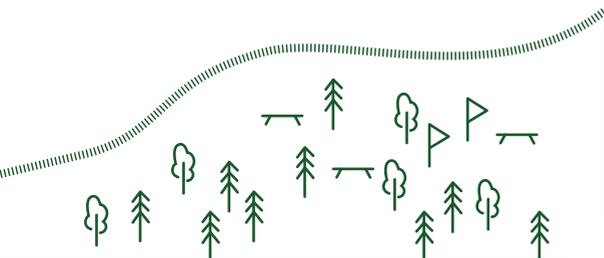


PÄRNU TOURIST INFORMATION

E: info@visitparnu.com
www.visitparnu.com



Nearby trail

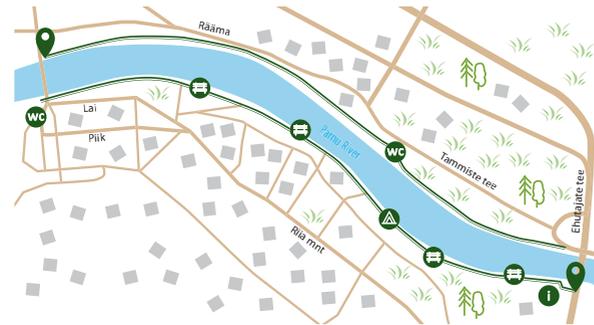
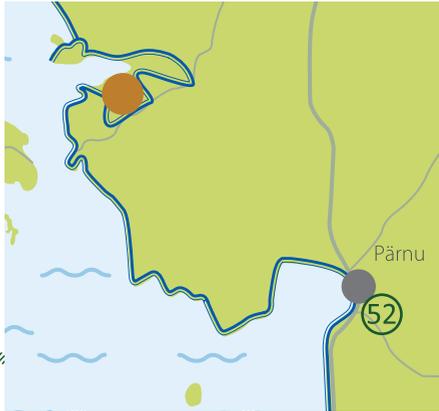


Jaanson's Track - Health track on the left bank of the River Pärnu

← TALLINN 128 km



Photo: Priidu Saart



2 VEE STREET, PÄRNU
Suggested starting point: Parking lot at Vee Street 2A or Papiniidu Street T15

GPS Lat: 58.37677, Lon: 24.55541 or Lat: 58.38797, Lon: 24.49657

1,5 h (one way)

4 km (one way)

Few minor slopes

Not marked, but can easily follow the trail

Point-to-point

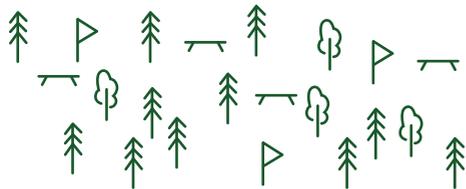
There are dangerous edges on the track

Asphalt, width 3 m

by car
 by public bus



PÄRNU TOURIST INFORMATION
E: info@visitparnu.com
www.visitparnu.com



RMK Suitsu hiking trail

This is 1,3 km long surface road, which runs in parallel with the flood meadow of the Suitsu River. The trail is well worth hiking in early spring, early in the morning or late in the evening, when the animals and birds are the most active.

www.loodusegakoos.ee

1,3 km, out&back,
GPS Lat: 58.72317, Lon: 23.74677

FACILITIES



The winding track along the left bank of the River Pärnu forms a loop-type trail when combined with the health track on the right bank of the river (with a total distance of 8 km both together). Each track is 4 km long, but they both leave very different impressions. On the right bank of the river, you are surrounded by lots of trees and greenery, whereas the left bank runs along the river with historical houses of the town, being more like a beautiful city street. The track is unique due to the street lights shaped like oars, designed specifically for the River Pärnu.

Good to know! Here, you can get very close to the river and can dip your toes into water when resting on a hot summer day.



FACILITIES



Photo: Priidu Saart

Nearby trails

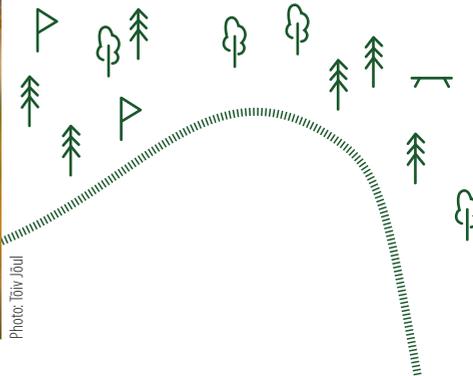
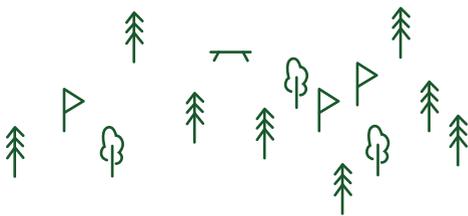


Photo: Tõiv Jõul



RMK Salevere hiking trail

The 1.5 km trail runs along the ridge rising a dozen metres above the surrounding ground level. The ridge is covered with alvar forest rich in different species, the cliff towers above a nemoral forest, which is quite a rare forest type in Estonia. The trail starts on an alvar with juniper bushes, in the middle part offers you a detour to the ridge of a prehistoric defence structure, and at the end a chance to drink refreshing natural spring water.

www.loodusegakoos.ee

↔ 1,5 km, → | G loop,
GPS Lat: 58.69032, Lon: 23.58065

FACILITIES

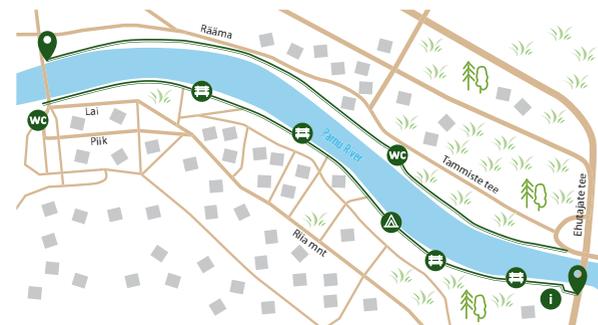


Jaanson's Track - Health track on the right bank of the River Pärnu

← TALLINN 128 km



assistant required at few stretches



The health track on the right bank of the River Pärnu, known among the locals as the Jaanson's Track, is one of the favourite places for exercise for the people enjoying the outdoors. People come here to ride a bicycle, roller-skate, for Nordic pole walking or just to take a walk. The track runs along the River, connecting the bridge in the city centre of Pärnu with the Papiniidu bridge. It has benches for taking a break and shelters for a nice picnic. Part of the trail passes Niidu Landscape Protection Area, therefore it has more trees and greenery than the track on the opposite bank.

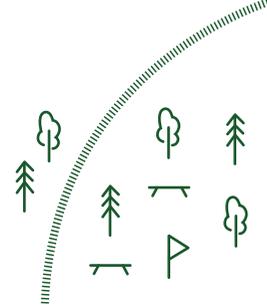


FACILITIES



WC not handicap-adapted

Photo: Tõiv Jõul



SUUR-JÕEKALDA STREET 22/1, PÄRNU
Suggested starting point:
Parking lot at Suur-Jõekalda 12, Pärnu

GPS Start of the route:
Lat: 58.39034, Lon: 24.49592

1,5 h (one way)

↔ 4 km (one way)

Some slopes on the way. Near the Niidu forest there is a steep rise/fall and slope to access the bridge exceeds 8%, therefore assistant is suggested for wheelchair users.

Not marked, but can easily follow the trail

→ | G Point-to-point

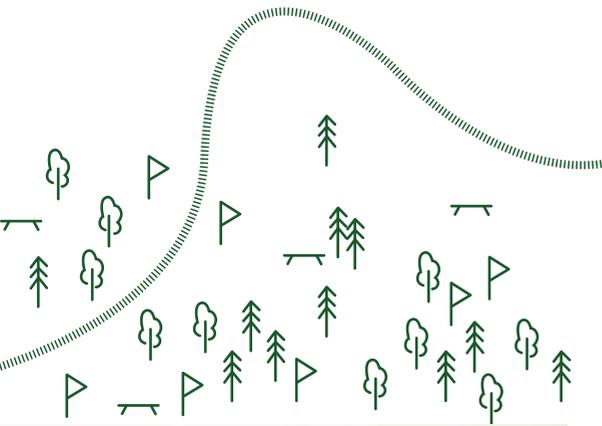
Asphalt, 3 - 4,3 m wide (the bridge is 2,8 m wide)

by car
 by public bus

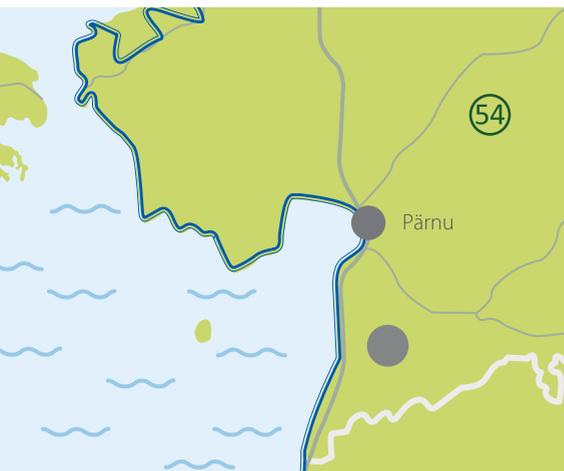


PÄRNU TOURIST INFORMATION
E: info@visitparnu.com
www.visitparnu.com

Nearby trails



54



RMK Laiksaare nature study trail

The trail runs in the riparian forest of the Rannametsa River, with rich vegetation and versatile terrain. The trail aims to introduce riparian forests, which are rare in Estonia, and characteristic bog plant communities. About halfway through the trail you will arrive at the forest hut, which is an excellent place to rest and listen to the singing of birds.

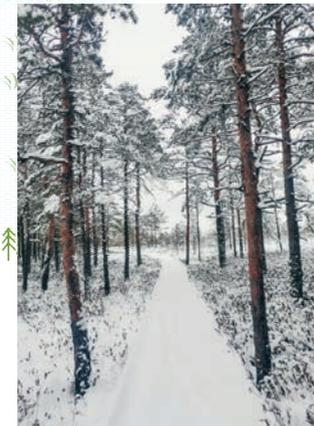
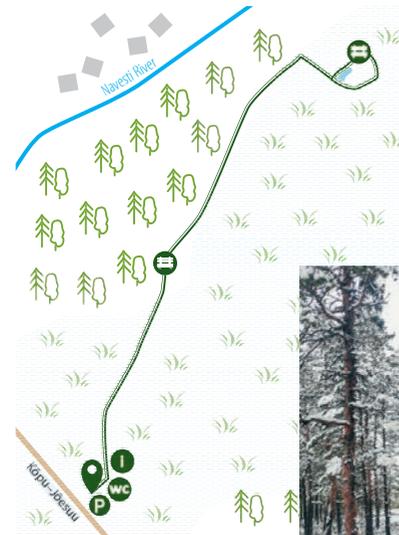
www.loodusegakoos.ee

↔ 2 km, → ♿ loop,
GPS Lat: 58.09280, Lon: 24.68119



RMK Riisa study trail

← TALLINN 138 km



54



First stretch of the trail (till the first swamp pool at the 1,2 km mark)

SOOMAA NATIONAL PARK

Suggested starting point:
Taali metskond 78, Riisa Village, Tori Municipality

GPS Lat: 58.48854, Lon: 24.98170

1-2 h

↔ Wheelchair accessible stretch – 1,2 km (one direction), whole loop – 4,8 km

≡ Not marked, but can easily follow the trail

→ ♿ Wheelchair accessible stretch: out-and-back
Whole trail: loop

♿ Wooden boardwalk (width 1,5 m). At the start and end of the trail – asphalt.

🚗 by car



STATE FOREST MANAGEMENT CENTRE (RMK)

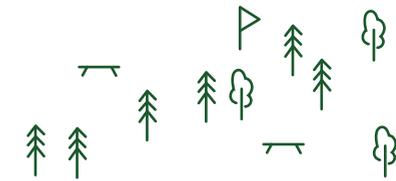
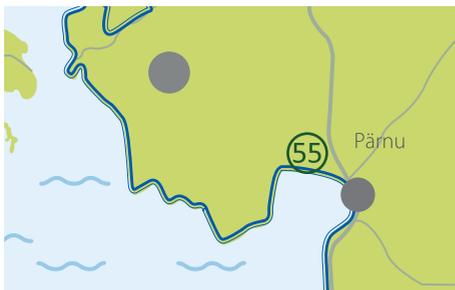
Soomaa National Park
T: +372 4357164, +372 5261924
E: info.soomaa@rmk.ee
www.loodusegakoos.ee

FACILITIES



Nearby trail

Photo: Mariann Peltar



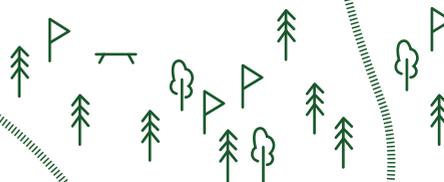
RMK Tuhu hiking trail

Despite being easily accessible, the Tuhu mire complex has remained relatively unharmed by human activity. The quiet and sombre bog landscape offers many surprises at a closer look. A short boardwalk, which passes the different stages in the development of bog, has been built right next to the road crossing the Tuhu bog. The trail starts and ends on the road, so you have to take a short walk along the road to get to the start of the trail. The boardwalk runs in a 1 km long circle. A short boardwalk branch leads to a recreation site with benches.

www.loodusegakoos.ee

↔ 1 km, → ! G loop,
GPS Lat: 58.57235, Lon: 23.83149

FACILITIES



Valgeranna

Beach Promenade

55

← TALLINN 133 km



VALGERANNA VILLAGE
PARKING LOT, PÄRNU

GPS Lat: 58.38943, Lon: 24.37226

0,5 h

↔ 0,3 km (one way)

Not marked, but can easily follow the trail

→ ! G Out & back

It is a natural beach, there might be fallen trees, stones

Brick paving (width 3,25 m), wooden boardwalk (width 1,95 m). At the start and end of the trail – asphalt and sand.

by car
 by bus (only during the summer)

!

PÄRNU
TOURIST INFORMATION

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www.visitparnu.com

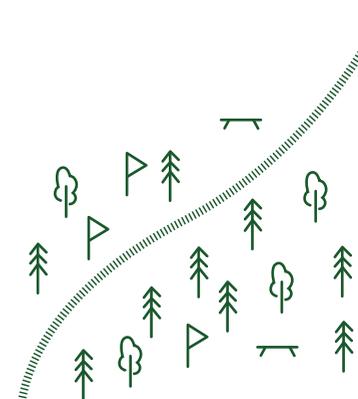


A lit promenade leads from the car park to the beach through a forest grove. The beach has an observation tower, a children's playground, an adventure park, a disc golf course, and a place to have a picnic in the forest. You can have some ice cream or a bigger meal besides swimming and sunbathing. You will find some quieter and more private areas on the long stretch of the beach a little way from the promenade. Valgeranna Beach and the forest grove are also popular walking places and they welcome you all through the year!



FACILITIES

not handicap-adapted



Nearby trails

Photo: Maaris Puust



D



B



D



A Baltic Coastal Hiking Trail Section 39 (Matsi–Varbla)

↔ 15 km, → | G point-to-point, GPS Lat: 58.36024, Lon: 23.74254

B RMK Kolga nature study trail

The trail is located near the Kolga stream. It is a sandy area with pines. The oldest pines are more than 170 years old. There are outdoor fireplace, table and benches, dry toilet and information board.

↔ 1,5 km and 3,5 km, → | G loop, GPS Lat: 58.38538, Lon: 23.83076

C Tõhela hiking trail

The trail starts from the holiday village of Lake Tõhela. The trail route crosses Alu Hill and passes through the Männikuste wooded meadow. The trail is marked.

↔ 6 km, → | G loop, GPS Lat: 58.41916, Lon: 24.00842

D Tõstamaa hiking trail

The trail is equipped with informative signs indicating the closest attractions. However, the trail is not marked.

↔ 5,5 km, → | G loop, GPS Lat: 58.33305, Lon: 23.99439

E Baltic Coastal Hiking Trail Section 38 (Tõstamaa–Matsi)

↔ 25 km, → | G point-to-point, GPS Lat: 58.33449, Lon: 23.99370

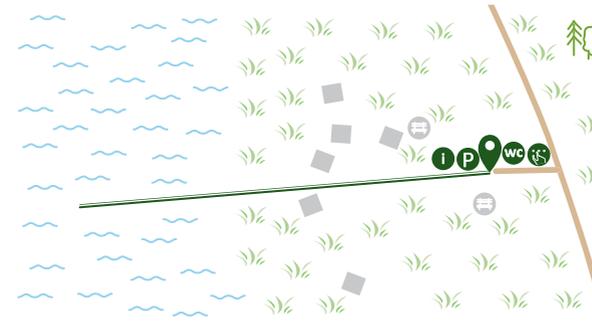


Matsi Port

56



← TALLINN 175 km
PÄRNU 53 km



Matsi Port is a former fishing port and gives an idea about a fishing port in the middle of the 20th century. The port has magnificent view of the Gulf of Riga. The Sõmeri lighthouse, built in 1954, is a white octagonal 21 m high concrete tower is not far from here. RMK Matsiranna camping area is located in the pine forest, which is an attractive place for swimming and camping in summer.

The Port parking lot is covered with gravel and crusher run, there is an accessible dry toilet. A recreation area with shelters, benches and campfire sites can be found next to the parking lot. The trail from the parking lot to the concrete quay is asphalt covered, with occasional sand strips on it by wind and storms. The quay is also partly uneven, without safety barriers, and a helper is advised for wheelchair users.



FACILITIES



MATSI, LÄÄNERANNA MUNICIPALITY, PÄRNU COUNTY

GPS Lat: 58.36024, Lon: 23.74254

20 min

↔ 0,25 km (one way)

Returning from the seaside, there are two gentle ascents up to 8 % (each about 30 m). Might take some effort for seniors and wheelchair users, assistant might be suggested, especially with stronger winds

Not marked, but can easily follow the trail

→ | G Out-and-back

The surface of quay is uneven and there are no safety borders at the edge of the quay

Paved, crusher run parking lot, asphalt, concrete quay

by car



PÄRNU TOURIST INFORMATION
E: info@visitparnu.com
www.visitparnu.com



Nearby sites and trails

A Sõrve Museum

Museum showcases local life and has displays of the military presence and activities here. Among its exhibits, there is an old stone blackboard, parts of an old Swedish military vessel, and rifles.

GPS Lat: 57.91759, Lon: 22.05844



Photo: Visit Saaremaa



B RMK Viieristi study trail

The trail runs alongside the historic Sõrve postal route and offers a view on the coastal terrace with species-rich protected mire below it.

↔ 1 km, → | ⚠ out&back,
GPS Lat: 58.02719, Lon: 22.17299

C Lindmetsa hiking trail

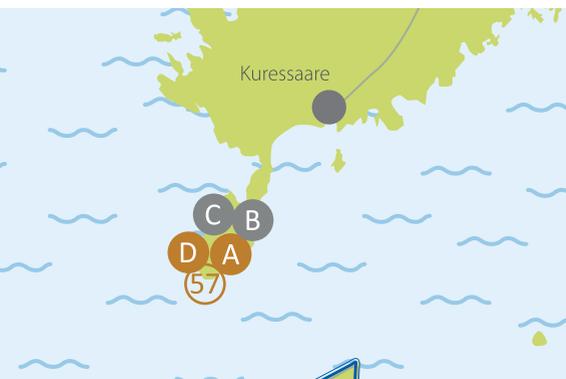
The trail crosses the highest peak of the Sõrve peninsula, Tigade Hill, the soil protection in the forest, and introduces mosses. On the track there are rest areas, the car can be parked by the road. There is a rest bench at the top of the hill. There is no marking.

↔ 1 km, → | ⚠ point-to-point,
GPS Lat: 58.04794, Lon: 22.07536

D Stebel coastal defence battery

The Stebel battery consisted of the commando point, two underground cannon towers, watchtower, boiler house and the army campus. The battery watchtower has been preserved.

GPS Lat: 57.92797, Lon: 22.03743



Sõrve Visitor Centre

● ← KURESSAARE 49 km

57



Photo: Jorma Suurmann, Visit Estonia

📍 **SÕRVE VISITOR CENTRE, SÄÄRE VILLAGE, SAAREMAA ISLAND**

GPS Lat: 57.91027, Lon: 22.05555

🕒 1 h

🕒 **OPEN** 01.05-15.09 (10.00-19.00),
more info on www.sorvekeskus.ee

💶 To visit museum, see ticket prices on
www.sorvekeskus.ee

🌳 Asphalt

🚗 by car



📍 SÕRVE VISITOR CENTRE

Sääre village, Saaremaa
T: +372 56472104
E: sorve.keskus@gmail.com
www.sorvekeskus.ee
www.visitestonia.com

Sõrve Visitor Centre has exhibitions on the maritime history of the area and on twenty of the most important lighthouses in Estonia. There are also areas for children to watch films and to relax. The display downstairs showcases twenty key lighthouses in the country, all of which are represented by detailed scale models. You can also take a look at old lighthouse journals and sea charts. Upstairs you'll find out about all of the ships that have foundered in the waters around here and read stories of amazing rescues.

The museum is inside on two floors. Only the ground floor is accessible for people in wheelchairs with an assistant and for parents with baby-strollers.



Photo: Priidu Saart, Visit Estonia

FACILITIES



Nearby trails

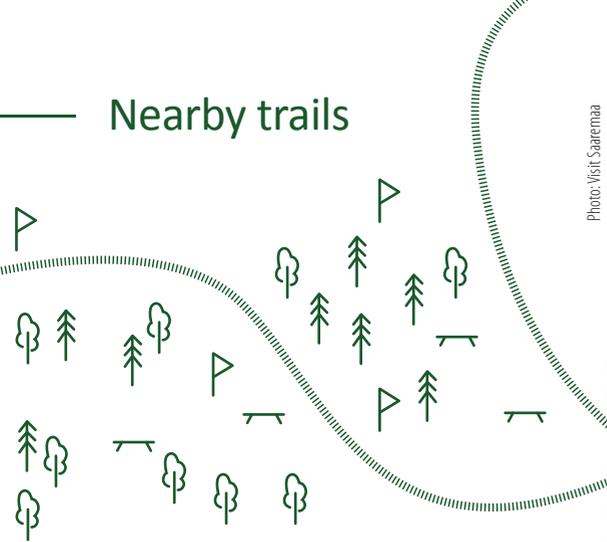


Photo: Visit Saaremaa



A Hiking track on the Clearing of Suur Tõll
 The site has been established on the bank of the Salme River, where you can try your strength and dexterity on short hiking trail facing obstacles related to various heroes. The trail is a few hundred metres long and especially exciting for children.

↔ 0,3 km, → loop,
GPS Lat: 58.16489, Lon: 22.25146

B Tehumardi battlefield
 The night battle between the German and Soviet armies in Terhumardi Village in autumn 1944 was one of the bloodiest during the Second World War. There is a 21 metres high memorial that was established in memory of the bloody battles in 1967.

GPS Lat: 58.18462, Lon: 22.26076



Photo: Visit Estonia



Site of the ancient Salme ship

← KURESSAARE 21 km



Photo: Valmar Voolaid

SITE OF THE ANCIENT SALME SHIP
 Salme village, Saaremaa Island

GPS Lat: 58.16694, Lon: 22.25138

20 min

Asphalt

by car
 by bus till Salme stop



SAAREMAA TOURIST INFORMATION CENTRE
 Tallinna 2, Kuressaare
 T: +372 4533120
 E: info@visitsaaremaa.ee
www.visitsaaremaa.ee
www.visitestonia.com

In 2008, two wrecks of ancient ships were discovered in Salme. These are the oldest shipwrecks found in Estonia that date back to the 8th century. Inside the ships there were the remains of seven people, two swords, a couple of spear heads, about ten knives, some gaming pieces and some dice. This find is unique in entire Europe, because never before has anyone discovered a so-called warrior burial dating from that period and containing so many fallen warriors. The ancient ships were covered with soil again, after the research was completed. Today, a row of concrete benches indicates the size of the ships and an information stand introduces the site.

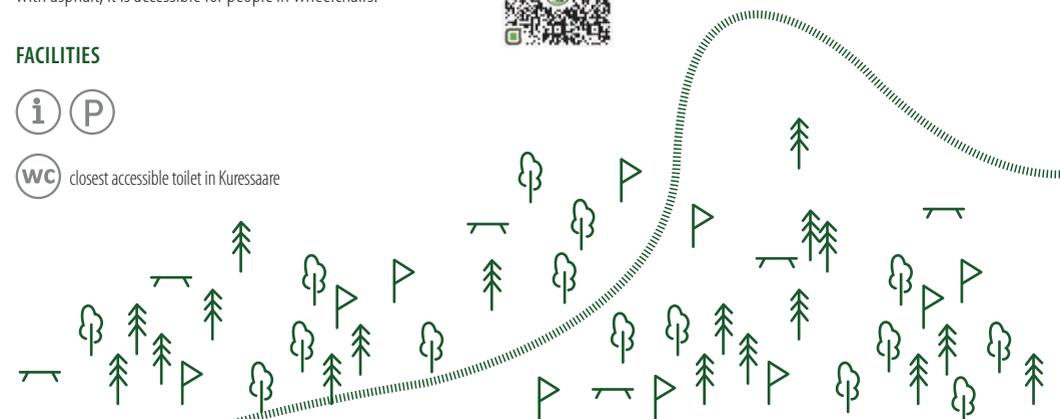
There is no special hiking route in the area, but as the road is covered with asphalt, it is accessible for people in wheelchairs.



FACILITIES



WC closest accessible toilet in Kuressaare





RMK Keskranna

rest area

● ← KURESSAARE 11 km



Beautiful long sandy beach not far from town; pine forests on dunes and plant species rare in Estonia. Footpaths covered with gravel are suitable for wheelchairs. There are no steep slopes or obstacles. In the end of the trail you will find a spectacular view of the Suur Katel bay.



FACILITIES



KESKRANNA REST STOP,
Järve Dunes Landscape Protection Area
Suggested starting point:
Keskranna parking lot, Saaremaa island

GPS Lat: 58.20533, Lon: 22.29955

15 min (one way)

0,25 km (one way)

Not marked, but can easily follow the trail.

Out&back

By moving the 1,8 m wide flat footpath on the toilet side and keeping the 0,9 m wide trail to the left at the fork, you will reach the coastal viewing platform. The 0,9 m wide footpath to the right of the toilet has slopes.

Limestone path

by car
 by bus till Keskranna stop



RMK SAAREMAA RECREATION AREA
T: +372 4546880
E: info.vilsandi@rmk.ee
www.loodusegakoos.ee
or RMK Mobile App *loodusegakoos*



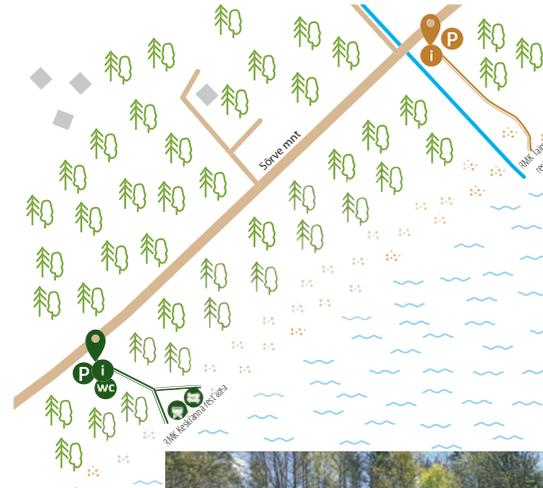
RMK Taiemeaia

rest space

59



● ← KURESSAARE 11 km



The rest area is close to the „capital“ of Saaremaa, Kuresaare, laying on the Järve dunes landscape protection area which is included in Natura 2000 network. The Järve special conservation area is an important habitat for several protected species. The most significant species are the *Alyssum montanum* ssp. *Gmelinii* and sandy pink. The typical species of the area include also sea lyme grass, wild thyme, lady's bedstraw, cowberry, sea sandwort, and European sea rocket. It is a popular destination in summer with a beautiful white sand beach.



TAIMEAIA REST STOP,
Järve Dunes Landscape Protection Area

GPS Lat: 58.20950, Lon: 22.30790

15 min (one way)

0,25 km (one way)

Not marked, but can easily follow the trail.

Out-and-back

Limestone path

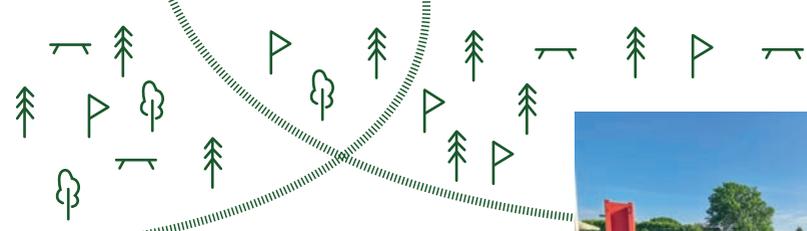
by car
 by bus till Mändjala stop and walk about 500 m



RMK SAAREMAA RECREATION AREA
T: +372 4546880
E: info.vilsandi@rmk.ee
www.loodusegakoos.ee
or RMK Mobile App *loodusegakoos*

FACILITIES





Nasva fishing site is located by the river next to the Nasva Club. The river is 3 km long. It runs from Mullutu-Suurlaht into Suur Katel in the Baltic Sea. The river is unique because its water flows in two directions. During the floods in spring, the water flows from the bay into sea, the opposite of the usual direction of flow.



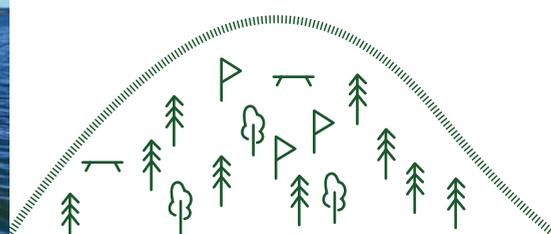
The site between Suurlaht and Linnulaht bays, in the Mullutu-Looede Limited Conservation Area, is a nice area with extensive reed beds and high abundance of birds.



Salme fishing site is located by the River Salme, near the seaside. The river is only 4,4 km long and connects the Gulf of Riga and the Baltic Sea.



Roomassaare harbour is in 10 min drive from Kuressaare port and was named the best small port in Estonia; it has had the Blue Flag since 1998.



Fishing sites near Kuressaare



KURESSAARE AREA, SAAREMAA

GPS Kuressaare city harbour:
Lat: 58.24651, Lon: 22.47224
Roomassaare harbour:
Lat: 58.21787, Lon: 22.50586
Between bays Suurlaht and Linnulaht:
Lat: 58.2424, Lon: 22.42461
Nasva:
Lat: 58.22814, Lon: 22.38325
Salme:
Lat: 58.16524, Lon: 22.25298



Photo: Maanus Masing/Saare Hääl

Fishing sites

Asphalt and gravel

by car



SAAREMAA TOURIST INFORMATION CENTRE

2 Tallinna, Kuressaare
T: +372 4533120
E: info@visitsaaremaa.ee
www.visitsaaremaa.ee
www.visitestonia.com

A number of accessible fishing spots with benches and small tables for fishing equipment are available in Kuressaare and nearby.

Kuressaare fishing spot is located next to Kuressaare city harbour and provides a great view to Kuressaare Episcopal Castle. The castle has become one of the most remarkable buildings in Northern Europe, built during the 14th–19th century.

FACILITIES

- small tables for fishing equipment
- accessible toilet in Kuressaare centre behind the Town Hall
-

GOOD TO KNOW!

Fishing with one simple hand line is free of charge to everyone, but the current fishing regulations must be followed. A simple hand line consists of a rod, a line of the length of up to 1,5 lengths of the rod, and a single-pronged hook; only natural bait may be used for fishing with it and it may be equipped with a weight and a floater.

In order to use different fishing gear, a recreational fishing permit must be purchased through the website www.pilet.ee. A copy of the payment receipt can be used as proof of the right to fish.



Nearby trails



E



C



D



A

Photos: Visit Saaremaa

C Lake Karujärv

The bottom of Lake Karujärv is mainly sandy and there are five islands. According to the legend, Lake Karujärv got its name after 7 bears who had been fighting here. To make them stop, God made it rain so heavily that a lake was created. The bears went away, each one in their own direction, and that is why the lake has 7 bays. The sandy beach of Lake Karujärv is perfect for enjoying summer and relaxing on the camping site. There is no specifically marked hiking route in the area. There is an outdoor pool. Swimming area is accessible for wheelchairs with assistance.

GPS Lat: 58.37833, Lon: 22.23000

D RMK Abula-Kalasma study trail

Half of the study trail runs along the seashore and the other half in the coastal forest. The study trail includes military objects from World War I and World War II. The trail is marked, there are information boards, campfire places and camping option.

↔ 11,2 km, → ♿ loop,
GPS Lat: 58.47427, Lon: 22.11546

E RMK Harilaiu hiking trail

Diverse coastal nature, interesting landscape on dunes; trees and shrubs exposed to the wind. Rock ridges, bird, and seal voices. Military objects, Kiiptsaare lighthouse in the sea. The trail is marked, there is an information board, dry toilet, campfire place and camping option.

↔ 6 km and 11 km, → ♿ loop,
GPS Lat: 58.47396, Lon: 21.90184

A RMK Visitor Centre of Vilsandi National Park

The centre provides information about the unique nature and the marine heritage in the islands and coastal areas. The nature as well as the centre are open all the year round. Toilet suitable for disabled on the ground floor.

GPS Lat: 58.33295, Lon: 22.01969

B RMK Viidumäe study trail

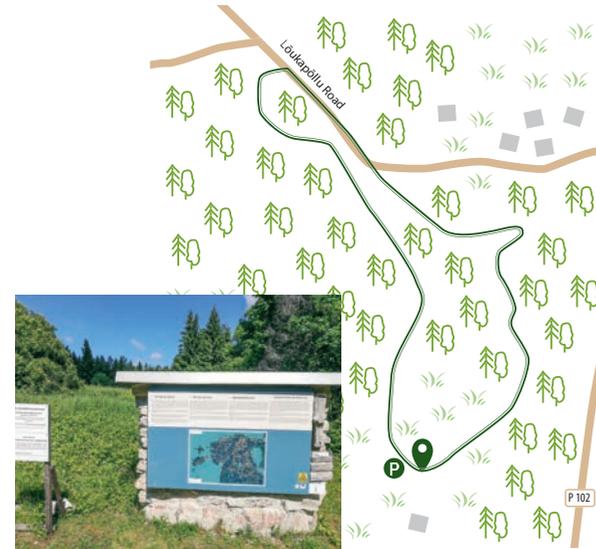
More than 660 species of vascular plants grow in the Viidumäe nature reserve, among which 59 rare species that are protected in Estonia. Trail is marked, there are information boards and picnic tables.

↔ 1,6 km, → ♿ loop,
GPS Lat: 58.29776, Lon: 22.09781



Lümanda Lime Park

← KUESSAARE 30 km



The theme park offers services both indoors and outdoors. Activities take place throughout the year. During the high season in summer, you can watch how lime and tar are burned, participate in workshops and guided tours, take a walk on the experience trail and have a picnic. During off-seasons when the large kiln is not working, eco-friendly construction workshops are organized and seminars are held on how to use lime and lime products for renovation and repairs.

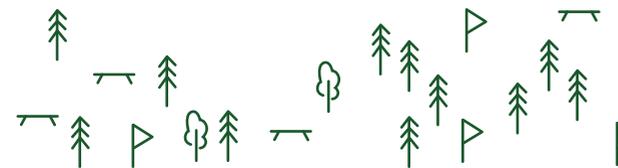
The trail is marked and wheelchair accessible except for a short section, where assistance is needed.



FACILITIES

: grilling and picnic areas, seminar room, souvenirs

 : closest accessible toilet at Lümanda Maja



LÜMANDA LIME PARK
Mõisaküla village, Saaremaa island

GPS Lat: 58.29333, Lon: 22.02138

01.05-15.09 10-19
www.limex.ee/lubjapark

1 h

1,8 km

Marked with lime kilns

Loop

Forest path

by car - drive to Lümanda and follow the sign to Lümanda Lubjapark

LÜMANDA LIME PARK
Mõisaküla village, Saaremaa
T: +372 5156165
E: limes@limex.ee
www.limex.ee/lubjapark
www.visitestonia.com



Nearby trails



Photo: Visit Saaremaa



B



Photo: Visit Saaremaa

D



Photo: Margit Kõrvits

62

A Kudjape-Upa nature trails

The trail starts by the Kudjape Cemetery. There are forests of broad-leaved trees and pines by the trail.

↔ 1 km and 3 km and 5 km, → ↻ loop,
GPS Lat: 58.25951, Lon: 22.52307

B Kuressaare health park

Illuminated running and skiing trails await in the health park. The trails are covered with sawdust chips. In summer you can use running and hiking trails, in winter an ice rink and ski trails. There are also information boards and dry toilet.

↔ 0,6 km; 1 km and 2 km, → ↻ loop,
GPS Lat: 58.24712, Lon: 22.49888

C Musumänniku health trails

The trail runs under a pine forest. In summer you can use a running and hiking trail, in winter a ski trail.

↔ 1 km and 2 km, → ↻ loop,
GPS Lat: 58.24630, Lon: 22.45351

D RMK Loode oak stand study trail

A beautiful park forest, a large and old wooded meadow, and a species-rich seafront with vibrant oak. The oak grove is a habitat for many rare herbaceous plants. Fourteen species of orchids have been found here. There are also information boards and bird watching tower.

↔ 2,8 km, → ↻ loop,
GPS Lat: 58.24104, Lon: 22.44890



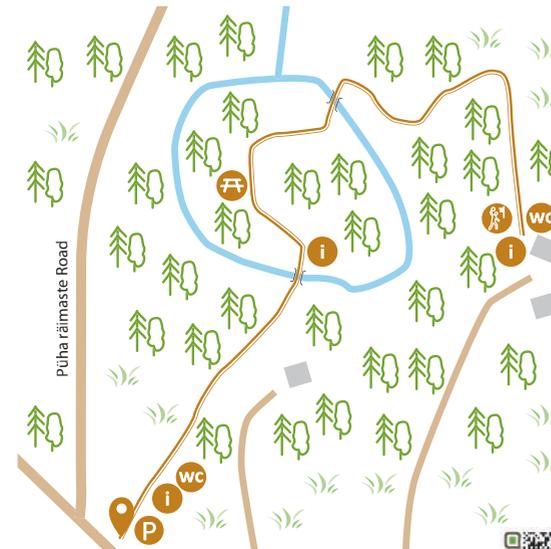
62



Püha Soobiku discovery trail

← KURESSAARE 16 km

62



On the trail, it is possible to cross the water obstacle with a raft, observe ants in the forest, climb an authentic sea eagle's nest, observe insects life in an insect hotel, build a roe hut yourself, visit an animal feedhouse, etc. The trail ends in Pihla Community Park, where adventure trails have been built for smaller children as well as for older and more skilled children.

FACILITIES



PÜHA VILLAGE, SAAREMAA ISLAND
Suggested starting point:
behind the church

GPS Lat: 58.30270, Lon: 22.72499

1 h

1 km (one way)

Not marked, but can easily follow the trail

Out-and-back

Forest path, partly wooden boardwalk

by car



SAAREMAA TOURIST INFORMATION CENTRE
T: +372 4533120
E: info@visitsaaremaa.ee



Nearby trails



A Sääremae-Laidunina lighthouse hiking trail
The starting point of the hike is at the Sääremae rest area. The route leads from Sääremae to Laidunina lighthouse.
↔ 9,2 km, → | G out&back,
GPS Lat: 58.40692, Lon: 23.06442



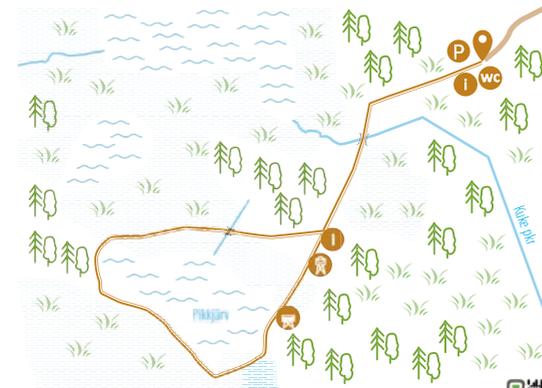
B Saareküla nature trail
This nature trail forms part of Kingli landscape protection reserve. It crosses the fish farming channel constructed by the lord of Saareküla Manor and follows the stone fences of the manor and surrounding farms. There is several information boards and a sandpit at the centre point of the trail, where you will also find a picnic area.
↔ 2,3 km, → | G out&back,
GPS Lat: 58.44426, Lon: 23.10864

C RMK Mihkel Rand's arboretum
The arboretum has more than 100 species of trees and shrubs, including many alien tree species. Saaremaa's richest arboretum is under nature protection.
↔ 0,5 km, → | G loop,
GPS Lat: 58.48115, Lon: 23.10978



RMK Koigi bog study trail

← KURESSAARE 46 km



The largest bog in Saare County with its 4,8 km trail is perfect for hiking. The footway and wooden boardwalk pass through the bog around Lake Pikkjärv. There you will find a lovely observation platform where you can relax and have a small picnic. There is also a 9 m observation tower overlooking the picturesque bog. In autumn, you can pick cranberries next to the trail. Parts of the trail are covered in wood chips, with iron plates, and parts of it is a boardwalk. Due to the airport tiles being pretty narrow and uneven, only a part of the trail is accessible for parents with baby strollers.

FACILITIES



WC not handicap-adapted.
Closest accessible toilet at Orissaare Coop shop



63



part of the trail



KOIGI LANDSCAPE PROTECTION AREA,
Saaremaa Island

GPS Lat: 58.48638, Lon: 22.99138

⌚ 1,5 h

↔ 5,6 km

→ Direction signs

→ | G Loop

⚠ Due to the airport tiles (iron plates) being uneven, one should be careful about it, especially at the joints of the plates. In spring and autumn, the parking lot and the road to the beginning of the trail can be muddy.

🌿 Wood chips, iron plates and wooden boardwalk

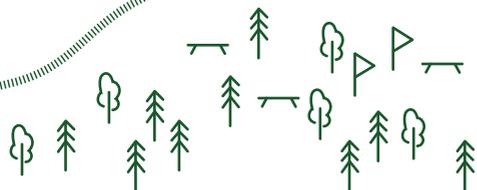
🚗 by car



RMK SAAREMAA RECREATION AREA

T: +372 4546880
E: info.vilsandi@rmk.ee
www.loodusegakoos.ee
RMK Mobile App loodusegakoos

Nearby trails



A Orissaare health trail

Several trails in different length. One of the sections of the health trail (1 km) is covered with wooden chips, the other section of the trail is on a dirt road.

↔ 0,6 km; 2,3 km and 2,7 km, → ♿ loop,
GPS Lat: 58.55576, Lon: 23.06274



B Nihatu hiking trails

The trail runs through former fields and pastures. The area has a high nature value and belongs to the Natura 2000 network. The habitats prevalent here are species-rich grasslands on mineral soil, alvars, and wooded pastures. The trail is marked with blue ribbons on the trees.

↔ 1 km, 2 km or 4 km, → ♿ loop,
GPS Lat: 58.53657, Lon: 22.78143

C Leisi health trail

The trail runs under a pine forest on the edge of the borough and is covered with wood chips. The profile is flat. Adventure park is also located by the trail.

↔ 1,3 km, → ♿ loop,
GPS Lat: 58.57116, Lon: 22.68359

D Panga cliff

Panga cliff is the highest bedrock outcrop in western Estonia and the islands. The maximum height of the Siluri escarpment is 21,3 metres and it runs for about 2,5 km. Panga cliff is situated right on the coast, cropping up like a 'wall'. Its highest point used to be an ancient ritual site where people were sacrificed to the sea. Visitors of the nature reserve can admire breath-taking sunsets, have a picnic, watch birds, take beautiful nature photos, and have fun on the village swing. There is also a dolomite sundial. The road is gravel and the rest of the area is covered with lawn and grass. Tracks covered with wood chips have also been completed, but help is needed when moving in a wheelchair. Attention! There are no safety borders at the edge of the cliff.

GPS Lat: 58.56972, Lon: 22.29055



Photo: Priidu Saart, Visit Estonia



Angla windmill park and heritage centre

64



← KURESSAARE 35 km

📍 ANGLA WINDMILL HILL AND HERITAGE CULTURAL CENTRE
Angla village, Saaremaa island

GPS Lat: 58.52527, Lon: 22.70027

🕒 See opening hours on www.anglatuulik.eu

💶 See ticket prices on www.anglatuulik.eu

🕒 1,5 h

→ ♿ Museum

🌳 Asphalt

🚗 by car
🚌 by bus till Angla stop



📍 ANGLA WINDMILL HILL AND HERITAGE CULTURAL CENTRE
Angla village, Saaremaa
T: +372 51990265
E: angla@kylastuskeskus.eu
www.anglatuulik.eu
www.visitestonia.com



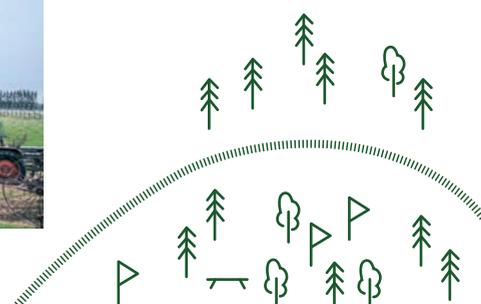
Photo: Priidu Saart, Visit Estonia

The only windmill park in Saaremaa that gives you an idea of windmills built at the beginning of the 20th century. Four of the five Angla windmills are typical trestle windmills, characteristic of the island of Saaremaa. One of the key elements of the Angla Windmill park complex is the Angla Heritage Centre, which was opened in 2011. At the centre you can test your skills at traditional handicrafts, take part in heritage culture events and taste Angla rye bread. The centre also teaches children the handicraft skills of their forebears.

There is no specifically marked hiking route, but one can walk in the area and visit the Angla Heritage Centre, which is also accessible by wheelchair (back of the building).



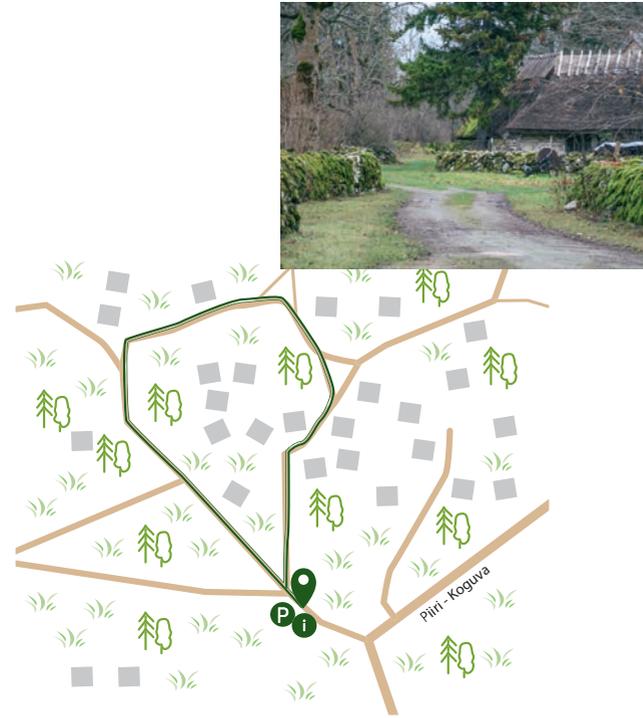
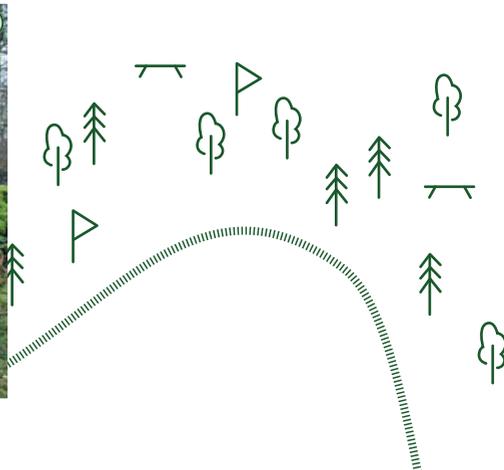
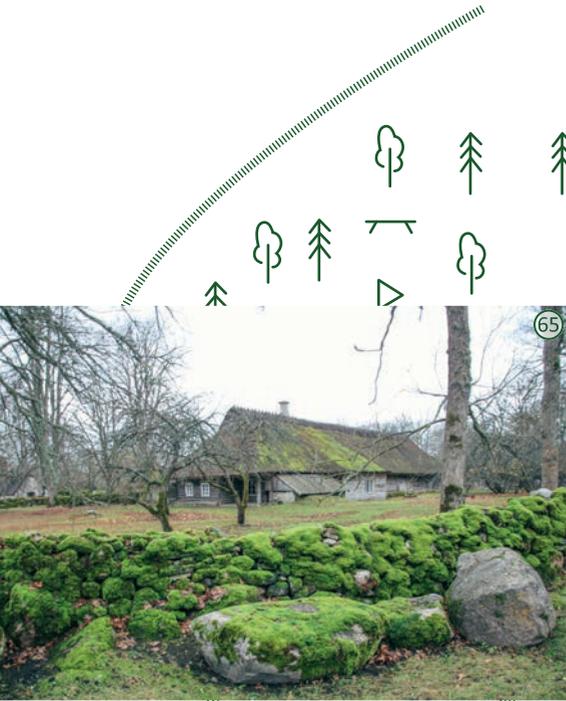
FACILITIES



Koguva village



← KURESSAARE 65 km

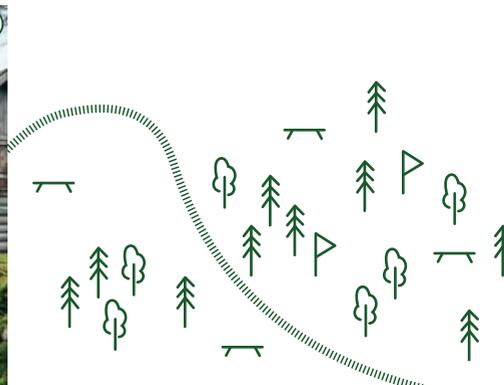


Muhu Museum

The village of Koguva on the west coast of Muhu island is one of the most outstanding examples of Estonian peasant architecture. The village with its unique landscape has somewhat exceptional history. Free peasants who were never subjected to serfdom used to live here. There are several attractions – farm architecture, Muhu folk costumes, an old village school, various exhibitions on Muhu history, art exhibitions, and a museum shop.

The museum was opened in 1973 at the birthplace of Estonian writer Juhan Smuuli at Tooma Farm. In 1990, it was named the Muhu Museum. The museum is in four farms. You can get tickets and a map of the village from Tooma Farm.

GPS Lat: 58.59548, Lon: 23.08312



KOGUVA VILLAGE, MUHU ISLAND
Suggested starting point:
Parking lot at Koguva bus stop

GPS Lat: 58.59548, Lon: 23.08312

See museum opening hours on www.muuseum.ee

To visit museum, see ticket prices on www.muuseum.ee

0,5 h

0,5 km

Not marked, but can easily follow the trail

Loop

Be aware of vipers in summer and there could be some bigger stones on the gravel

Gravel

by car



MUHU MUSEUM

Koguva village, Muhu island, Saare county
T: +372 5011566
E: muuseum@muuseum.ee
www.muuseum.ee

Koguva village is the best preserved 19th century village in Estonia. All of the buildings are architectural landmarks. Most of the buildings date from the 19th century. The oldest buildings, dating to the 18th century, are in the middle of the village.

The museum complex comprises a wealthy seaside farm Tooma (Juhan Smuul, an Estonian writer, was born here) with all its outbuildings and tools, a former village school and a textile exhibition.

It should also be mentioned that aside from the one museum complex, Koguva village is a lived-in village. It is home to the villagers of Koguva.

FACILITIES

not handicap-adapted. Closest accessible toilet at Vanatoo Farmhotel

Nearby sites and trails



A



D

A Eemu Windmill

The predecessor of a windmill is a quern, which was first turned manually, then with the power of water and later also wind. Small farm windmills of Western Estonia and the islands are rather unique nature in the rural architecture; similar features can be noted in Scandinavia and Western Finland. Temporary closed and not accessible inside the windmill with a wheelchair.

GPS Lat: 58.58174, Lon: 23.16706



B Muhu nature trails

The trails run through a diverse landscape and are surrounded by military installations and groves of trees. The trails are on a dirt road. The longer trail is marked in blue on trees and stones and the shorter trail in red. The trails are equipped with information boards that introduce the insects, plants, birds, and animals of our forests.

↔ 1 km and 2 km, → ! loop,
GPS Lat: 58.60990, Lon: 23.18153

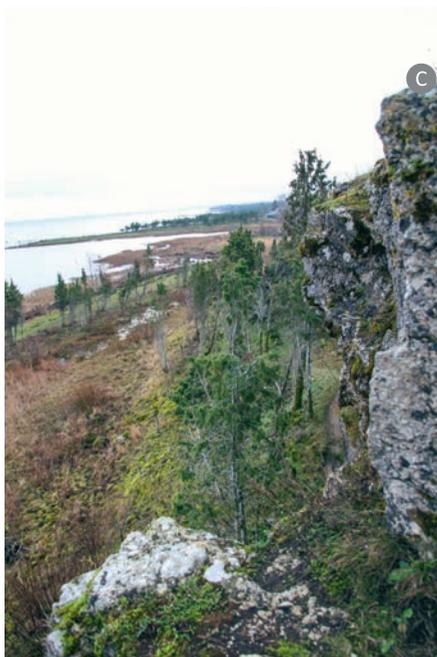
C Üügu bluff

The north-eastern coast of Muhumaa is bordered by smaller and bigger bluffs. Üügu bluff, which is about 300 m long, is the most representative of them. The bluff is located somewhat inland from the shore, but the sea has had a crushing effect on it during the past millennia and has hollowed out the slate in some places to create cave-like basins.

GPS Lat: 58.67117, Lon: 23.23637

D Võiküla cobblestone road

The cobblestone road was constructed in 1914–1916. Small, round granite stones obtained from the seashore were used for the pavement of the road. The builders were local men supervised by army engineers.



C



Muhu Ostrich Farm

← KUESSAARE 65 km

66



Photo: Marti Vares, Visit Estonia



📍 NAUTSE VILLAGE, MUHU ISLAND

GPS Lat: 58.58861, Lon: 23.15555

📅 May 15th until September 15th 10-18,
more info on www.jaanalind.ee

📄 See ticket prices on
www.jaanalind.ee

🕒 1 h

— No special marking

→ ! loop

🌳 Lawn

🚗 by car

! 🚫 📵 🚫 🚫 🚫 🚫

🚫 🚫 🚫 🚫 🚫 except for assistance dogs

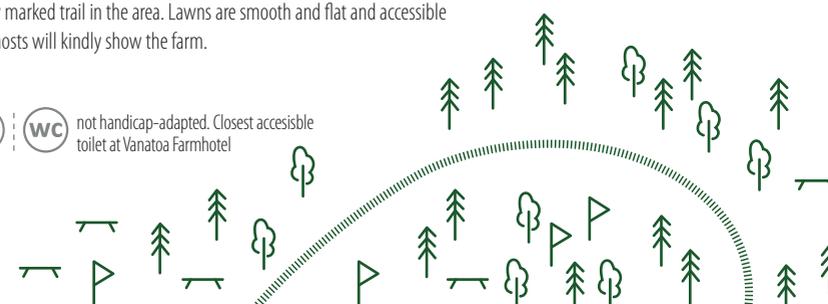
📍 **MUHU JAANALIND OÜ**
Muhu Jaanalind OÜ, Nautse village,
Muhu island, Saare county
T: +372 5034237
E: muhu@jaanalind.ee
www.jaanalind.ee
www.visitestonia.com

Muhu Ostrich Farm is a super-exciting animal park with ostriches, zebras, kangaroos, wallabies, emus, alpacas, ponies and bunnies. The hosts of Laasu Farm started breeding ostriches 20 years ago – they have more than enough experience! In summer, there is a café in the garden that serves dishes made of local ingredients. Children can feed the ostriches with corn. You can get close to all animals. Muhu Ostrich Farm is a fun place for the whole family.

There is no specifically marked trail in the area. Lawns are smooth and flat and accessible for wheelchairs. The hosts will kindly show the farm.

FACILITIES

📍 🅅 🏛️ 🚽 not handicap-adapted. Closest accessible toilet at Vanatoo Farmhotel



Sääretip

← KÄRDLA 29 km



The trail to the very end of Sääretip is one of the most famous trails in Hiiumaa. It is an amazing narrow cape in the south part of the Kassari area. A gravel road surrounded by junipers leads you to the end of the cape. While walking to the end of the esker the land gets narrower and narrower, finally disappearing to the sea. Its higher parts are covered with vegetation, but the further one goes, the more a beach full of pebbles it becomes. Unique trees and shrubs grow there: honeysuckle, alder buckthorn, buckthorn, and snowball tree. There is an abundance of sea kale on the shores, which make the beach an amazing sight during the flowering period.



Photo: Ivo Panasiuk



FACILITIES



At Sääretip's camping area nearby:



KASSARI VILLAGE, HIIMUMAA ISLAND
Suggested starting point: Sääre, Kassari

GPS Lat: 58.76993, Lon: 22.81571

1 h (one way)

2 km (one way)

The trail is not marked, but one can easily follow the gravel road that goes directly to the sea and back. In the parking lot there are information boards about the trail and the surroundings.

Out-and-back

Some light slopes along the way (loose gravel)

Due to the fact that the land is used as pasture, the visitor must be aware of the domesticated livestock there. That is why there is an electric fence that the wheelchair user must open to get on the trail, otherwise one can use a narrow passage next to it. Approximately 500 m forward there is a gate one has to open. The gate is about 1 m wide and you have to manually push it.

Gravel, lawn. The trail is covered with loose gravel and partly grass. Due to loose gravel it is not the most comfortable trail for persons with disabilities. For a wheelchair user, assistant is recommended. For a wheelchair user is not possible to reach the far end of the trail.

by car



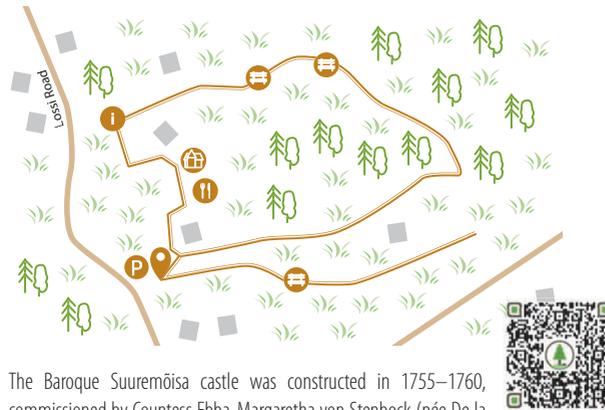
HIIMUMAA TOURISM INFORMATION CENTRE

T: +372 5045393
E: hiiumaa@visitestonia.com
www.hiiumaa.ee
www.visitestonia.com

Suuremõisa

Manor, English Park and Flower Garden

← KÄRDLA 19 km



The Baroque Suuremõisa castle was constructed in 1755–1760, commissioned by Countess Ebba-Margaretha von Stenbock (née De la Gardie). The castle has a small museum introducing the history of the manor, as well as a souvenir and book counter. In addition to the beautiful interior and history, the surrounding area of the manor features a flower garden created by Hiiumaa Vocational School, an English park and various ancillary buildings of the manor complex. The flower garden is full of various plants. One can listen to the birds and admire the flower garden with its fragrances and beautiful butterflies. An English park is right next to the flower garden.

FACILITIES



accessible toilet for wheelchair users in the castle (open in summer)

not handicap-adapted



Photo: Argo Nürs

3 LOSSI ROAD, SUUREMÕISA VILLAGE, HIIMUMAA ISLAND
Suggested starting point: Parking lot next to the manor, in front of the park

GPS Lat: 58.86975, Lon: 22.94492

The manor is open only in the summer season

1 h

English Park: 0,6 km
Flower garden: 0,15 km (one way)

The trail is not marked, but one can easily follow the road. There are information boards as well that inform one about the park and the manor.

English Park: loop
Flower garden: out-and-back

Loose gravel and quite narrow vaults (~1 m)

Asphalt, gravel, forest path (average width over 2 m)

by car
 by bus till Suuremõisa stop



HIIMUMAA TOURIST INFORMATION

T: +372 5045393
E: hiiumaa@visitestonia.com
www.hiiumaa.ee
www.visitestonia.com



Nearby sites



A Harju-Rätsepa windmill

Harju-Rätsepa windmill was restored in 2001. It is a typical post windmill of the Hiiumaa island. Windmills have been an integral part of Hiiumaa's landscape for centuries. They started to spread in the Western Europe in the 13th century and were in Estonia a couple of hundreds of years later. There is no specific trail, but one can see the windmill, have a picnic or try swinging on the traditional swing. The area is mainly covered with grass. The parking lot is covered with asphalt and there is a special parking spot for people with disabilities. An accessible dry toilet for wheelchair users (the width of the doorway is 90 cm, handrails are on both sides of the toilet seat).

GPS Lat: 58.73685, Lon: 22.62585

Photo: Ivo Panasjuk



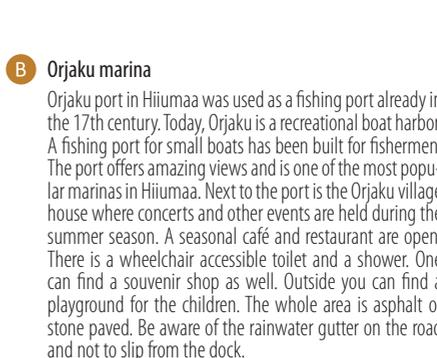
Photo: Ivo Panasjuk



Photo: Ivo Panasjuk



Photo: Ivo Panasjuk



B Orjaku marina

Orjaku port in Hiiumaa was used as a fishing port already in the 17th century. Today, Orjaku is a recreational boat harbor. A fishing port for small boats has been built for fishermen. The port offers amazing views and is one of the most popular marinas in Hiiumaa. Next to the port is the Orjaku village house where concerts and other events are held during the summer season. A seasonal café and restaurant are open. There is a wheelchair accessible toilet and a shower. One can find a souvenir shop as well. Outside you can find a playground for the children. The whole area is asphalt or stone paved. Be aware of the rainwater gutter on the road and not to slip from the dock.

GPS Lat: 58.78912, Lon: 22.72720



RMK Orjaku study trail

Small loop (Roostiku trail): 0,7 km

Long loop (Orjaku trail): 2 km

← KÄRDLA 26 km

KÄINA BAY-KASSARI NATURE RESERVE, ORJAKU VILLAGE, HIIMUMAA ISLAND

Suggested starting point: Parking lot on Vaemla-Kassari-Luguse road

GPS Lat: 58.80012, Lon: 22.75978

OPEN No snow maintenance on the track

1 h

Small loop (Roostiku trail): 0,7 km, long loop (Orjaku trail): 2 km

Wooden arrows indicating the walking direction

Loop

There is a small bridge one has to cross. The bridge is 160 cm wide and has handrails. Short road connecting the boardwalk and gravel road has few tree roots on the ground that one has to cross. For a wheelchair user there's an option to go back the same way. You might also see sheep on the trail

Wooden boardwalk, gravel, forest path. The first few hundred meters of the trail is gravel road. Roostiku trail (0,7 km) is covered with wooden boardwalk planks (with a handrail, average width 120 cm, the edges of the trail have wooden curbs (warning bumpers)).

by car



Photo: Ivo Panasjuk

Orjaku study trail runs mainly on the shore of the Käina bay. The avifauna consists of 192 species, is interesting and diverse. The trail has a bird-watching tower, several observation platforms, a bridge, a recreation site with a shelter and a boardwalk of approximately 0,4 km in the reed field.

The trail has two loops – the small loop (Roostiku trail) and the long loop (Orjaku trail). The study trail is perfect for families with children – the shorter loop is manageable even for the very young. The trail is marked with arrows and can be completed without getting one's feet wet. The shorter trail is covered with wooden boardwalk planks and the edges of the trail have wooden curbs (warning bumpers). There is also a handrail on one side of the wooden boardwalk.

FACILITIES



equipped with a ramp



RISTNA VISITOR CENTRE

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www.loodusegakoos.ee

RMK Mobile App *loodusegakoos*

Nearby trails



C

Photo: Ivo Panastjuk



69

A RMK Rebastemäe study trail

The trail is situated in the oldest and highest place in the entire western Estonia, on the Kõpu peninsula. Scenic views over the forests and the sea open up from observation towers on the hills of Kaplimägi, the second highest peak (63,5 m) on the Hiiumaa island, and Rebastemägi. Under construction in 2021.

↔ 1,5 km, → ! G loop,
GPS Lat: 58.91816, Lon: 22.24028



B

Photo: RMK



D

Photo: RMK

B RMK Neljateeristi nature trail

A versatile trail between glacial terraces and patches of spring-fed bogs.

↔ 3 km, → ! G loop,
GPS Lat: 58.92555, Lon: 22.22201

C Kõpu lighthouse

Lighthouse was built at 67 m above sea level at the highest point on Hiiumaa. It stands 36 m above the ground, meaning its light shines out at 102,6 m above sea level. No other lighthouses by the Baltic Sea are as high. It is not accessible for wheelchairs, but it's possible to admire it from the outside. There is a gate one must open to get close to it, the width of the gate is 90 cm. The lighthouse (as well as the gate) is open in the summer season (1 May – 15 September). There is a cafe and toilet nearby and it is accessible for wheelchair users. The width of the ramp is 100 cm.

↔ 0,5 km, → ! G out&back,
GPS Lat: 58.91579, Lon: 22.20075

D RMK Hirmuste study trail

The trail starts at the campsite and runs through an old natural forest across overgrown dunes and through the marshy alder forest. On the way back along the coast, you can admire scenic sea views. The trail runs through Kõpu Nature Reserve and is marked with wooden signs.

↔ 1,3 km, → ! G loop,
GPS Lat: 58.94141, Lon: 22.13150



RMK Kaleste

campsite and study trail

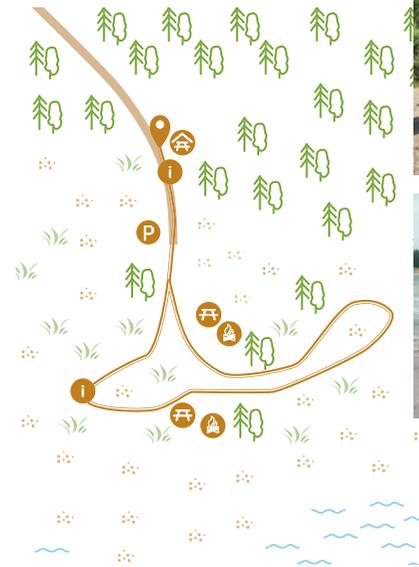
whole trail



small loop



← KÄRDLA 42 km



KÕPU NATURE RESERVE, Kaleste village, Hiiumaa island
Suggested starting point: Kaleste campsite on the southern coast of the Kõpu peninsula

GPS Lat: 58.90844, Lon: 22.13298

⌚ 0,5 – 1 h

↔ Camping area and small loop: 0,4 km
Whole trail: 1,8 km

→ Direction signs

→ ! G Loop

⚠ The wooden boardwalk ends abruptly on the beach. Several slopes on the longer loop.

🌳 Wooden boardwalk (average width 100 cm), gravel, forest path.

🚗 by car



HIIUMAA TOURIST INFORMATION

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E: hiiumaa@visitestonia.com
www.hiiumaa.ee
www.visitestonia.com

STATE FOREST MANAGEMENT CENTRE (RMK)

www.loodusegakoos.ee
RMK Mobile App loodusegakoos

Kaleste study trail runs in the immediate vicinity of the Kaleste campsite on the southern coast of the Kõpu peninsula in Kõpu Nature Reserve, and is marked with wooden signs. The trail starts and ends in the campsite, where you can see the trail map. There are 7 information boards introducing the sights. While walking one can observe various interesting plant habitats and ancient pine trees, and pick blueberries or mushrooms in autumn.

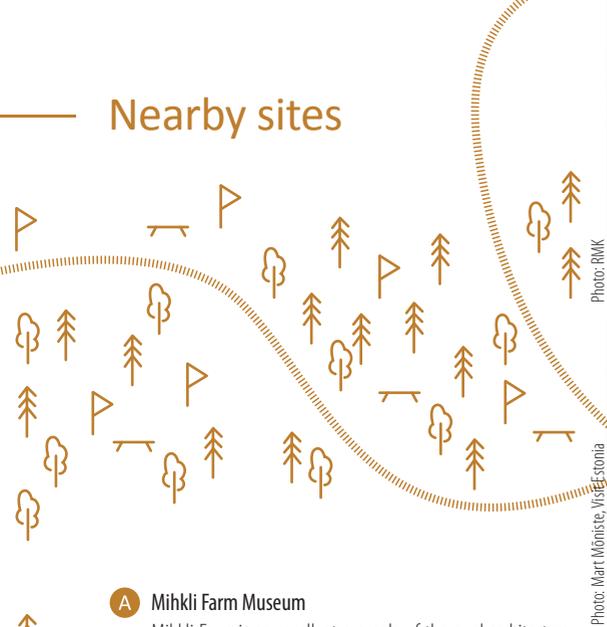
Although Kaleste campsite is not officially wheelchair accessible site by RMK, yet, the camping area and the small loop (0,4 km) of the trail are accessible and allow to enjoy a really pleasant rest near the sea.

FACILITIES



⚠ camping in tents | 🚰 not handicap-adapted | 🚽 partly accessible (no hand rails nor special toilet seat)

Nearby sites



A Mihkli Farm Museum

Mihkli Farm is an excellent example of the rural architecture of Northern Hiiumaa. The buildings are mostly from the 19th century and there, visitors can get to know the local construction practices and household items. The farm's spacious courtyard is perfect for having a picnic, and simply spending some lovely time. The location is exciting for children and adults alike.

GPS Lat: 59.02046, Lon: 22.60360



Photo: Hiiumaa Museum, Visit Estonia

B Hiiumaa Military Museum

Museum is in the former Tahkuna board guard cordon. The museum's most significant exhibit is the collection of coastal defence artillery. The outdoor exhibition includes armoured vehicles, and other cars, a blast shelter, a border guard cutter, naval mines, an anti-tank gun, a watchtower of the border guard, and radar and radio masts.

GPS Lat: 59.07692, Lon: 22.59248

C RMK Tõrvanina camping

There is a picnic table and an outdoor fireplace. And a view of the sea and the coastal pines, rustling in the wind.

GPS Lat: 59.03954, Lon: 22.68649



Photo: Ivo Panasjuk

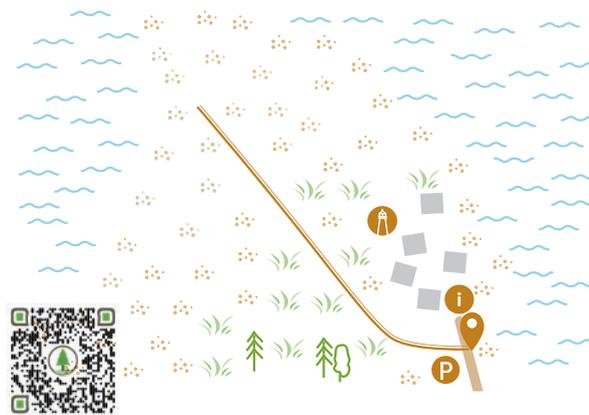


Tahkuna lighthouse

← KÄRDLA 46 km



Photo: Ivo Panasjuk



The Tahkuna Lighthouse, situated on the north end of Hiiumaa, on the Tahkuna peninsula, is a cast iron lighthouse which underwent construction in 1873. Assembled of cast iron parts, the so-called Gordon system, it was built with prefabricated details.

The lighthouse is open in the summer season, but one can go and admire it from the outside throughout the year. One can walk around and take in the breathtaking views of the sea, to the lighthouse and Tahkuna peninsula. There are two information boards.

FACILITIES



VIKTORI, TAHKUNA VILLAGE, HIIUMAA ISLAND
Suggested starting point: Parking lot next to the lighthouse

GPS Lat: 59.09057, Lon: 22.58649

OPEN The lighthouse is open only in the summer season

⌚ 0,5 h

↔ 0,25 km (one way)

— The trail is not marked, but one can easily follow the gravel road to the sea and back

→↔ Out-and-back

🚧 Open gravel and some bigger stones. Wheelchair users cannot access the sea. For a wheelchair user it is safer and more comfortable to use assistance.

🌳 Asphalt, gravel, forest path (average width over 2 m)

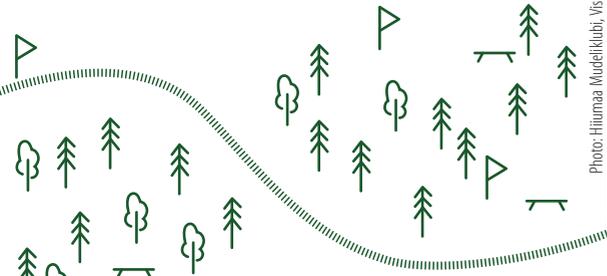
🚗 by car



HIIUMAA TOURIST INFORMATION
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www.visitestonia.com



Nearby trails



A Sooaäre forest trail

A short study trail starts from the Soera Farm Museum and introduces Hiiumaa nature and its forests. It is marked with signs on the trees indicating the walking direction. The trail is unfortunately not accessible for wheelchairs nor strollers.

←→ 1 km, → | G loop,
GPS Lat: 58.97024, Lon: 22.84677

Photo: Hiiumaa Muuseumklubi, Visit Estonia



Photo: RMK



72



A



72

B Soera Farm Museum and Palade House of Rocks museum

Soera was a typical 19th century Hiiumaa household. A cottage-threshing barn, chimneyless smoke sauna, summer kitchen, storehouse, cellar, coach house and cowshed are all part of the farm museum. In all buildings, there are exhibitions of archaic tools and commodities. The buildings cannot be entered with wheelchairs, but it's possible to observe the buildings and Soera farm complex from the outside.

GPS Lat: 58.96995, Lon: 22.84834

C Paluküla health trails

Several hiking trails, where you can walk, run, cycle, or ski – depending on the weather. Naturally, there is a sled hill. There is also a disc golf park with 18 baskets and 1,8 km illuminated trail.

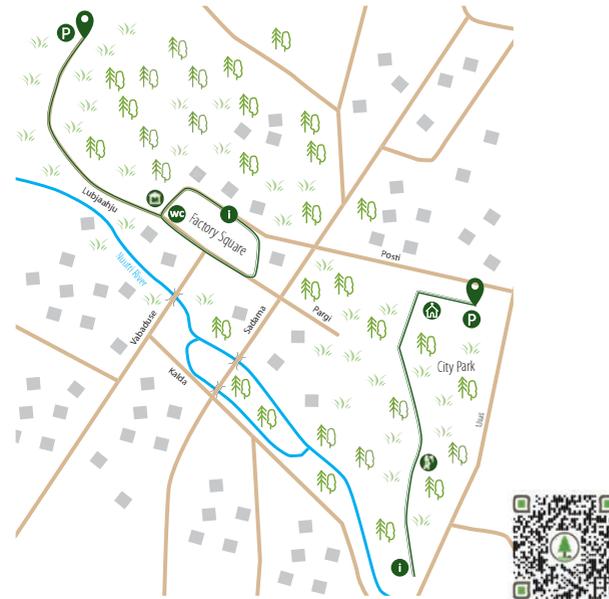
←→ 1,8 km, 2,7 km, 3 km, 5 km, and 9 km, → | G loop,
GPS Lat: 58.98846, Lon: 22.80683



Kärdla City Park and Factory Square



← KÄRDLA 0 km



UUS 6 OR LUBJAAHJU 4, KÄRDLA CITY, HIIMUMAA ISLAND
Suggested starting point:
Parking lot next to Kärdla Church (City Park trail) or Rannapaargu restaurant (Beach Park and Factory Square trail)

GPS City Park:
Lat: 59.00276, Lon: 22.75238
Factory Square:
Lat: 59.00615, Lon: 22.74480

City Park: 0,5 h (one way)
Factory Square: 1 h

City Park: 0,6 km (one way)
Factory Square: 1 km

No marked trail, but can easily follow the trail

City Park: point-to-point
Factory Square: loop

Mainly gravel and asphalt

by car



HIIMUMAA TOURIST INFORMATION

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www.visitestonia.com

The City Park is about 5,2 ha. The first part of the park was established already back in the 1860s, after the Kärdla church was finished. More trees were planted at the beginning of the 20th century and the "youngest" part of the park was planted in the 1970s. The main species of trees include the native ones - black alder, common ash, maple and linden, but there are also spruces, oaks, willow elms, and bushes like hazel, hawthorn, lilac and snowberry. The Park is close to the beach, therefore, when visiting, it is recommended to walk to the nearby Kärdla beach and Factory Square, just a couple of hundred metres from the park.

Kärdla Factory Square is one of the most important historical sites in the city. In 1830, the barons Ungern-Sternberg established a broad cloth factory in Kärdla. Nowadays the Kärdla museum is located on the factory square.

At the beach, one cannot access the seafront with a wheelchair, but the views are still beautiful.

FACILITIES



Nearby trails



Photo: Visit Estonia

A Baltic Coastal Hiking Trail Section 42 (Virtsu–Kuke)

↔ 14 km, → | G point-to-point,
GPS Lat: 58.57377, Lon: 23.51052

B Baltic Coastal Hiking Trail Section 43 (Kuke–Meelva)

↔ 19 km, → | G point-to-point,
GPS Lat: 58.66526, Lon: 23.51930



C Baltic Coastal Hiking Trail Section 44 (Meelva–Penijõe)

↔ 22 km, → | G point-to-point,
GPS Lat: 58.71302, Lon: 23.67082

D RMK Salevere Salumäe hiking trail

The trail runs along the ridge rising a dozen metres above the surrounding ground level. The trail starts on an alvar with juniper bushes, in the middle part offers you a detour to the ridge of a prehistoric defence structure, and at the end a chance to drink refreshing natural spring water.

↔ 1,5 km, → | G loop,
GPS Lat: 58.69032, Lon: 23.58065

E RMK Suitsu hiking trail

The trail runs in parallel with the flood meadow of the Suitsu River. The trail is well worth hiking in early spring, early in the morning or late in the evening, when the animals and birds are the most active.

↔ 1,3 km, → | G out&back,
GPS Lat: 58.72317, Lon: 23.74677

F Baltic Coastal Hiking Trail Section 45 (Penijõe–Laiküla)

↔ 22 km, → | G point-to-point,
GPS Lat: 58.71462, Lon: 23.81358

G RMK Penijõe hiking trail

The trail can be completed in various lengths and sections and most of the trail runs along surface path. There is a water observation platform and stairs on the river bank.

↔ 3,2 km out&back; 5 km and 7 km loops,
GPS Lat: 58.71313, Lon: 23.81474

H RMK Visitor Centre of Matsalu National Park

The permanent exhibition of the visitor centre on upstairs of the Penijõe Manor house offers a good chance to learn about the unique character of Matsalu National Park. Entrance to the house is equipped with a 3,5 m long and 15% incline ramp (without handrail). Toilet is suitable for disabled on the ground floor, access to upstairs by platform lift „Vimec“. There is paved parking area.

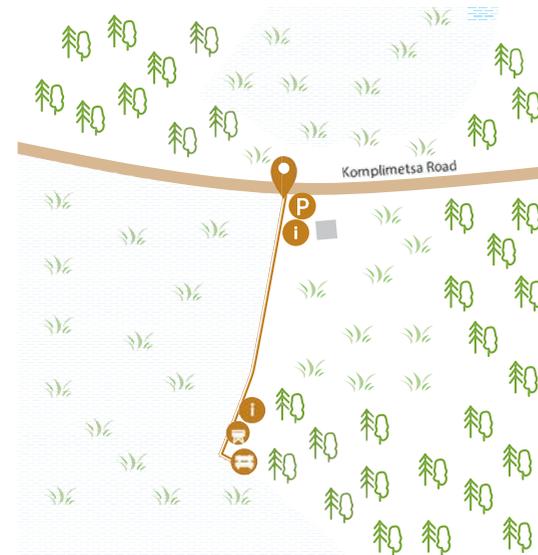
GPS Lat: 58.71456, Lon: 23.81590



RMK Rannajõe Observation Platform

← HAAPSALU 21 km
TALLINN 94 km

73



The Rannajõe Observation Platform offers a broad view of the floodplain, which is particularly captivating in spring when it is flooded. Thousands of geese, swans and dabbling ducks, in the summer several species of waders, warblers, corn crakes and many others nest in the floodplain. Moose and roe deer wander around.

A 110 cm wide wooden path (with handrail on one side) leading to the 6 m observation platform is suitable for people in wheelchairs as well. But assistance is required to access the tower in a wheelchair because of the steep incline up to 32%. At the beginning of the boardwalk, there is an information board about the water meadow.

Parking is possible on the side of the road, no marked parking spaces on the site. The road is off the busy motorway and normally has no traffic.



FACILITIES



accessible with an assistant | WC accessible at Haapsalu Tourist Information Centre or Paralepa beach

MATSALU NATIONAL PARK, LÄÄNE COUNTY

Suggested starting point: Parking space at the side of the Koplimesa road

GPS Lat: 58.81697, Lon: 23.78124

⌚ 10 min (one way)

↔ 0,15 km (one way)

— Not marked, but can easily follow the trail

→ | G Out-and-back

🌳 Wooden boardwalk (average width 100-110 cm)

🚗 by car

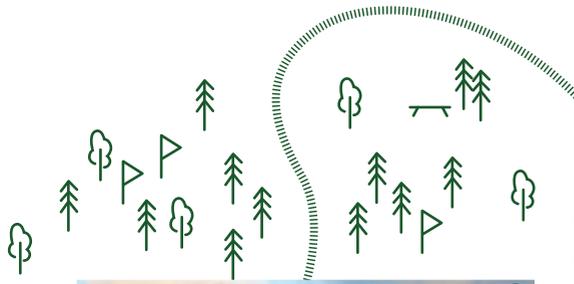


STATE FOREST MANAGEMENT CENTRE (RMK)

Visitor Centre of Matsalu National Park
T: +372 5138783, +372 4724236
E: info.matsalu@rmk.ee
www.loodusegakoos.ee
RMK Mobile App loodusegakoos



Nearby trails



74



74



74

A Baltic Coastal Hiking Trail Section 46 (Haeska–Puisse)

↔ 23 km, → |📍 point-to-point, GPS Lat: 58.77953, Lon: 23.65939

B Kiideva-Puisse hiking trail

The trail is on the north coast of Matsalu Bay and joins the villages of Kiideva and Puisse. The main part of the track is a 2,6-kilometre long section which starts near Kiideva and goes through the deciduous woodland and restored wooded meadow until it reaches Löpre oak. The circumference of the oak is 4 m and its height is 20 m. The trail is usually dry. There are camping facilities and a place for making a fire.

↔ 3,4 km, → |📍 point-to-point, GPS Lat: 58.77690, Lon: 23.52550

C Baltic Coastal Hiking Trail Section 47 (Tuuru–Rohuküla)

↔ 19,5 km, → |📍 point-to-point, GPS Lat: 58.80911, Lon: 23.54681

D Baltic Coastal Hiking Trail Section 48 (Rohuküla–Haapsalu–Uuemõisa)

↔ 22 km, → |📍 point-to-point, GPS Lat: 58.90631, Lon: 23.42287

E Allika hiking trail in Vormsi

Hiking trail is situated in the relatively moist and water-logged area on the Vormsi landscape protection area. You will find signs and information boards throughout the trail. The trail is partly a dirt road; moist areas have boardwalks and bridges. In the wet seasons, the trail is muddy and difficult to pass. Rubber boots are the most suitable footwear for passing the trail. The trail has a timber watchtower that is 2,5 m high.

↔ 2 km, → |📍 out&back, GPS Lat: 58.99929, Lon: 23.20979



Paralepa beach to Õhtu kallas

74

← TALLINN 97 km



📍 HAAPSALU, LÄÄNE COUNTY
Suggested starting point:
Parking lot at Paralepa beach

GPS Lat: 58.94089, Lon: 23.51524

🕒 1 h (one way)

↔ 2 km (one way)

— Not marked trail, but can easily follow the trail

→ |📍 Point-to-point

🌳 Asphalt, wooden boardwalk

🚗 by car



📍 HAAPSALU TOURIST INFORMATION CENTRE
T: +372 4733248
E: haapsalu@visitestonia.com
www.visithaapsalu.com

This city route starts at the Paralepa beach parking lot. Paralepa beach has always been a sandy beach with one of the warmest water temperatures in Estonia. To access the water front, one might need assistance with a wheelchair to go through the sandy shoreline.

At the start of the route there is an accessible toilet. From the parking lot a wooden walking path leads to the beach and over a small bridge to a paved pedestrian road. The road then follows the seaside to the romantic old town of Haapsalu. The whole route is wheelchair accessible, but there is one uneven stretch. The last section of the path has many benches for a nice rest stop with a scenic view and the sea breeze. Overlooking the bay, one may spot many birds such as geese, swans, ducks etc. It is also a popular common place for the citizens to fish. The waterfront is not well accessible.



FACILITIES



🚲 RENT at spa hotel Fra Mare | 🚲 RENT in summer

🍴 a restaurant and an ice cream booth (in summer)





Haapsalu

Promenade and Africa Beach



● ← TALLINN 97 km

HAAPSALU, LÄÄNE COUNTY
Suggested starting point:
Parking lot at Hommiku Kallas Street

GPS Lat: 58.94947, Lon: 23.54456

1 h (one way)

1,2 km (one way)

Not marked, but can easily follow the trail

Point-to-point

Brick paving

by car



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www.visithaapsalu.com

Photo: Olev Mihkelmaa, Visit Estonia



FACILITIES



The splendour of Haapsalu, the famous Czarist era resort, is recalled by the seafront Promenade and its jewel – the Assembly Hall. Walk on the promenade and glance dreamily at the sea; check the time at the sundial and have a rest on the bench named for the world-famous composer Tchaikovsky. The promenade is also a popular place for the local wheelchair users for fishing.



The Promenade starts at the exotically named Africa Beach. There is a children's play-ground in the beginning of the route, and the town's only birdwatching tower. Near the end of the promenade there is a wheelchair skills training park and an accessible outdoor gym. Next to it is a special playground that is wheelchair accessible and adapted to children with special needs. The promenade is paved, spacious and well accessible.



Photo: Toomas Vuu, Visit Estonia



Haapsalu

Väike Viik



● ← TALLINN 97 km

HAAPSALU, LÄÄNE COUNTY
Suggested starting point:
Parking lot at Väike Viik (Vaikne kallas)

GPS Lat: 58.95021, Lon: 23.52738

1 h

2 km

Not marked, but can easily follow the trail

Loop

Mainly gravel and asphalt. During heavy rains, some parts of the path could be flooded.

by car
 by bus



HAAPSALU TOURIST INFORMATION CENTRE
T: +372 4733248
E: haapsalu@visitestonia.com
www.visithaapsalu.com



The Väike Viik is a small lake in the heart of the romantic old town of Haapsalu. The beautiful surrounding bay and picturesque sunset offer a fairytale-like experience.

Väike-Viik is also home to various birds like swans and geese and ducks. A pedestrian path goes along the shore and is well accessible. Most of the route is paved with asphalt, but there are a few unpaved stretches. There are several benches for resting. There is also a small beach area and an accessible swimming spot with a special bridge going into the water. In summer the water is rather warm. In winter, if it is cold enough, children and adults can have a fun day on the Haapsalu Väike Viik skating rink, skating or sledding.



FACILITIES

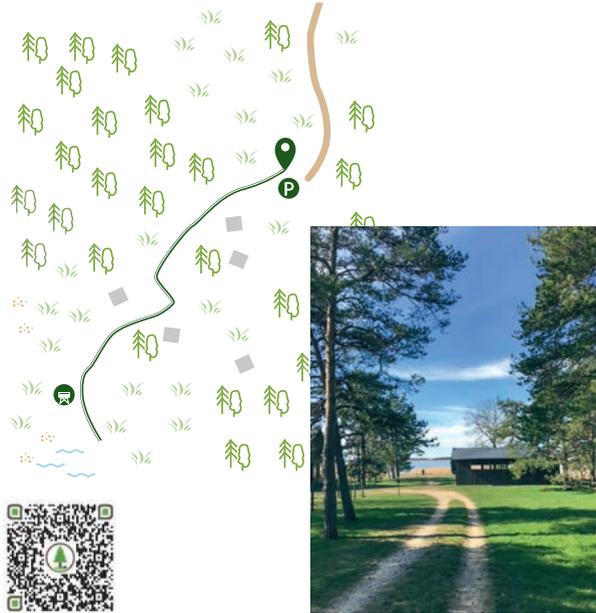




Silma

Workshop and Nature Reserve

← HAAPSALU 14 km
TALLINN 98 km



Silma workshop is a nature school located in Silma Nature Reserve. The unique features of the Silma Nature Reserve are the relict lakes of the Haapsalu bay and the Noarootsi peninsula, reeds and coastal meadows. Silma workshop offers nature education programmes, but the surrounding area of the workshop are open for all to visit and discover. There is a small birdwatching tower here and a mini-zoo with farm animals. This place offers breathtaking and scenic views.

There is a large unpaved parking lot from where an unpaved road leads to the study classrooms and the waterfront. Wheelchair users can go further down the road, when pre-arranged with the premises. Otherwise a road-block is ahead. Wheelchairs users are recommended to use assistance when exploring the area. The study classrooms have wooden ramps leading inside and there is an accessible toilet.

FACILITIES



- Recreational fishing in Silma Nature Reserve is prohibited from 1 March to 30 June
- Small observation tower - not accessible

Photo: Visit-Estonia



SILMA NATURE RESERVE
Keskuse, Saunja village, Lääne-Nigula municipality, Lääne county

GPS Lat: 58.99823, Lon: 23.63779

15 min (one way)

0,2 km (one way)

Not marked, but can easily follow the trail

Out-and-back

Dirt road, forest path, grass, short stretch with crusher run

by car
 by bus till Saunja stop

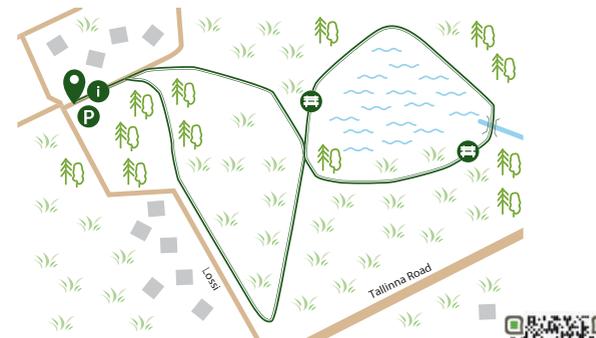


NGO SAUNJA LOODUSHARIDUSKESKUS
Keskuse, Saunja village, Lääne-Nigula municipality, Lääne county
T: +372 56678621
E: silmalk@silmalk.ee
www.silmalk.ee (only in EST)



Manor Park Uuemõisa

← TALLINN 97 km



Uuemõisa Manor Park is a protected park in Uuemõisa, Haapsalu. The park is large, consists of two areas, is freely designed, and grows into a parkforest. The manor park has been re-constructed on the basis of a map from 1936. There are paved walkways with several benches for a nice rest. There is also a small pond system and a wooden bridge. You can choose different routes to move around the park, as there is no specific trail marked. The park also holds a new disc-golf course.

FACILITIES



UUEMÕISA
HAAPSALU MUNICIPALITY,
LÄÄNE COUNTY
Suggested starting point:
Parking lot at Uuemõisa manor

GPS Lat: 58.94314, Lon: 23.58012

0,5 h

1,2 km

Not marked, but can easily follow the trail

Loop

Gravel

by car
 by bus till Mõisa stop



HAAPSALU TOURIST INFORMATION CENTRE
T: +372 4733248
E: haapsalu@visitestonia.com
www.visithaapsalu.com

Nearby trails



Photo: Silver Raidla



A

A RMK Marimetsa hiking trail

The trail offers a good opportunity to get acquainted with different habitats – the surface road at the start of the trail runs along a forest divide, across a meadow and through a spruce forest along the banks of the Marimetsa stream. The boardwalk at the end of the trail leads you across the fen, raised bog and transitional mire to bog pools.

↔ 9 km, → | G out&back,
GPS Lat: 58.96396, Lon: 24.06567

Photo: Gerli Veebeld

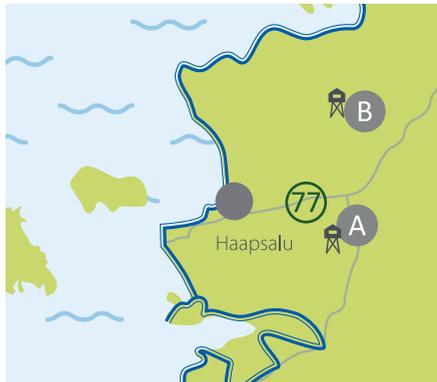


B



A

Photo: Silver Raidla

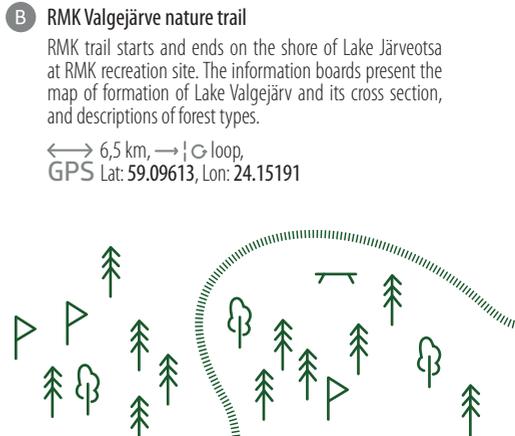


B RMK Valgejärve nature trail

RMK trail starts and ends on the shore of Lake Järveotsa at RMK recreation site. The information boards present the map of formation of Lake Valgejärve and its cross section, and descriptions of forest types.

↔ 6,5 km, → | G loop,
GPS Lat: 59.09613, Lon: 24.15191

Photo: Silver Raidla

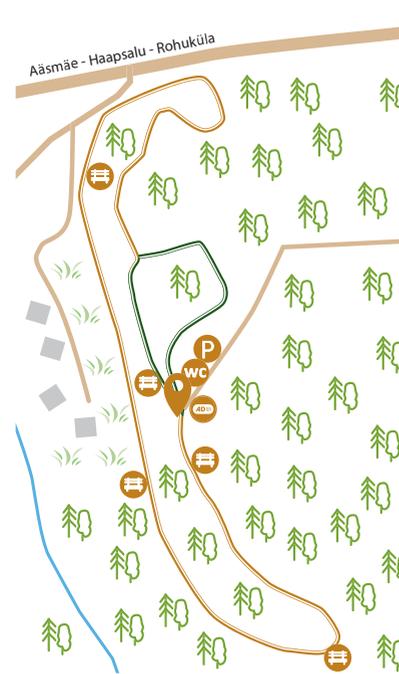


Palivere

Hiking Trails

77

← HAAPSALU 23 km
TALLINN 75 km



MÄEPEALSE TEE, ALLIKMAA VILLAGE, LÄÄNE-NIGULA MUNICIPALITY, LÄÄNE COUNTY

Suggested starting point:
Parking lot in Palivere Tourism and Recreational Sports Centre

GPS Lat: 58.96815, Lon: 23.90291

Short loop: 0,5 h
Long loop: 1,5 h

Short loop: 0,8 km
Long loop: 2,7 km

Both trails are marked with signs, shorter green-coloured, longer orange-coloured

Loop

Long loop has two longer rises – 75 m, 10–12% and 25 m, 18% (handrails on one side of the trail, 35 m and 25 m). Additionally there are several shorter stretches where the incline varies between 5–18%.

Short loop – crusher fine gravel;
long loop – crusher fine gravel and mostly forest path

by car



HAAPSALU TOURIST INFORMATION CENTRE

T: +372 4733248
E: haapsalu@visitestonia.com
www.visithaapsalu.com

FACILITIES



The health trails of Palivere Tourism and Health Sports Center are located in the Natura protected area. There are several protected plants, including the small pasque flower, dragon head, butterfly orchid, various native Orchidaceae.

There are two gravel-grit parking spaces for the disabled in the parking lot, from where you can access both, the 0,8 km shorter and the 2,7 km longer trail loop. There are several resting areas on the trail, benches with back and hand supports, bins and information boards.

The short loop is easily accessible for wheelchairs. The long one is in natural landscape, with slopes, and assistance is needed. The trail might be complicated for the elderly too.

Additionally, there are several other trails in the area, which can be used at different times of the year for skiing, running, cycling, Nordic walking or simply hiking depending on the preferences of the visitor.



Nearby trails

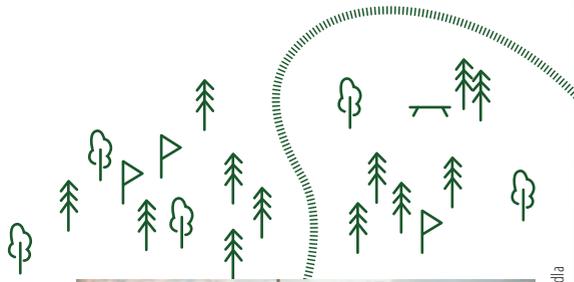


Photo: Silver-Raidla



A Baltic Coastal Hiking Trail Section 50 (Österby–Riguldi)

↔ 23 km, → | G point-to-point,
GPS Lat: 58.97678, Lon: 23.51999

B RMK Tahu study trail

The marked trail begins at the old Tahu manor park and leads to the seaside where there is an observation tower. From the tower you get a beautiful view of the coastal grassland.

↔ 1,4 km, → | G out&back,
GPS Lat: 58.98181, Lon: 23.56385

C RMK Saare study trail

The most striking feature in Silma Nature Reserve is the reed beds. Here you can listen to the song of great reed warbler, the incessant reeling of Savi's warbler, and the call of the Eurasian bittern, which resembles the sound of blowing in a bottle.

↔ 1 km, → | G out&back,
GPS Lat: 59.03285, Lon: 23.56554

D Baltic Coastal Hiking Trail Section 51 (Riguldi–Dirhami)

↔ 13 km, → | G point-to-point,
GPS Lat: 59.11976, Lon: 23.54105

E RMK Osmussaare hiking trail

On the North coast of the island you can view the cliff that is part of the 1200 km long Baltic Klint. The cliff is highest (7 m) around the lighthouse and becomes lower towards North-East. There are the coastal lagoons, open to the sea; cliffs; meadows; fens and old broad-leaved forests. Osmussaar's jewels are Alvar meadows.

↔ 9 km, → | G loop,
GPS Lat: 59.27627, Lon: 23.40976



Dirhami Port

← HAAPSALU 39 km
TALLINN 86 km

78

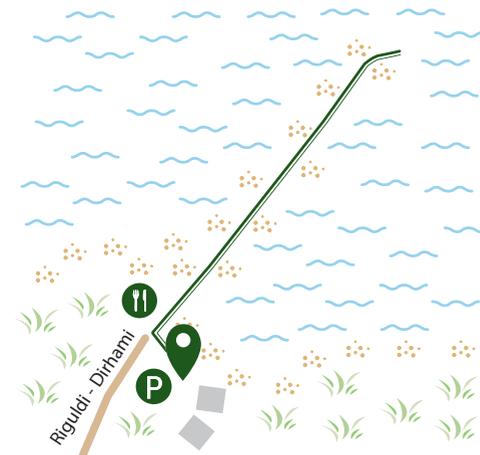


Photo: Oliver Moosus, Visit Estonia



DIRHAMI VILLAGE
Lääne-Nigula municipality,
Lääne county

GPS Lat: 59.20977, Lon: 23.49835

15 min (one way)

↔ 0,35 km (one way)

Not marked, but can easily follow the trail

→ | G Out-and-back

Asphalt, gravel at parking lot

by car
by bus till Dirhami stop



DIRHAMI PORT
Dirhami village, Lääne-Nigula
municipality, Lääne county
T: +372 56234523, +372 4797221
E: info@dirhami.ee
www.dirhami.ee
www.visitestonia.com

Dirhami is a lovely holiday and relaxing spot during any season. In summer it's a popular yacht harbour, while in winter it's an active fish and goods port. The main dock is 330 m long, wheelchair accessible, and offers fishing opportunities for everyone.

In the immediate vicinity of the port, you are going to find a fish restaurant (seasonally open) and a small guesthouse. The restaurant is accessible via a wooden ramp.

The port's parking lot is mostly covered in gravel. Therefore, people in wheelchairs might need assistance. There are several toilets, but not wheelchair accessible.

FACILITIES



Photo: Oliver Moosus, Visit Estonia





RMK Peraküla

beach and camping site



HAAPSALU 49 km
TALLINN 81 km

NÕVA RECREATION AREA
Peraküla village, Lääne-Nigula municipality, Lääne county

GPS Lat: 59.22134, Lon: 23.60029

10 min (one way)

0,2 km (one way)

Not marked, but can easily follow the trail

Out-and-back

Wooden boardwalk, forest path, sand

by car



STATE FOREST MANAGEMENT CENTRE (RMK)

Peraküla village, Lääne-Nigula municipality, Lääne County
T: +372 6767532
E: loodusegakoos@rmk.ee
www.loodusegakoos.ee
RMK Mobile App loodusegakoos



The Peraküla beach is famous for its singing sands and the clear waters of the sea. The campsite has been established to protect the fragile dunes and to provide an opportunity for holiday makers to come as close to the seashore as possible. The sea water is refreshingly cool and warms up by the end of the summer.

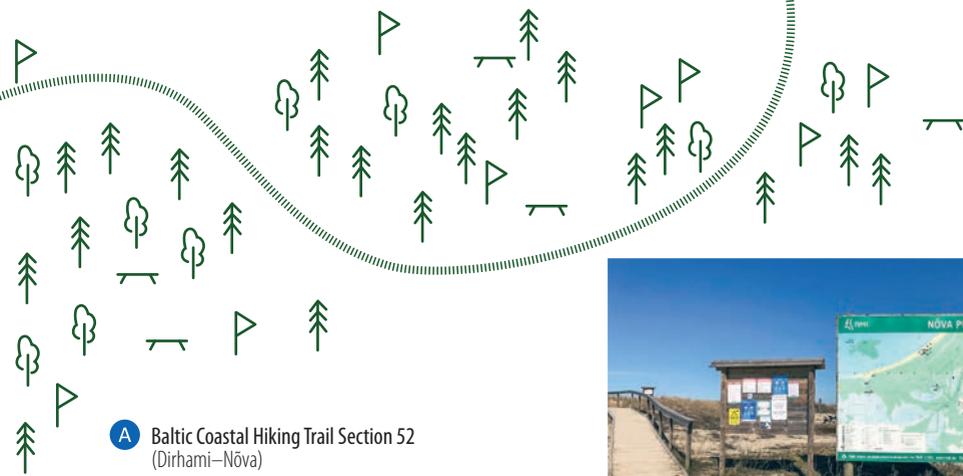
There are 16 outdoor spots for campfire, 4 shelters, 4 dry toilets and 3 information boards around the camping site. At one of the spots there is a wooden boardwalk installed, which stretches from the parking lot I the direction of the sea, making this beautiful beach accessible. There is also a small accessible observation platform near the beach. The accessible camping site has wooden boardwalks leading to a wooden shelter and going around the campfire pit. Around the pit there is a ground surface, so to access the fire pit, wheelchair users could need assistance. The wooden boardwalk also connects the wooden shelter to a dry toilet, which does not have arm supports, but has enough space to enter and maneuver with a wheelchair.

FACILITIES



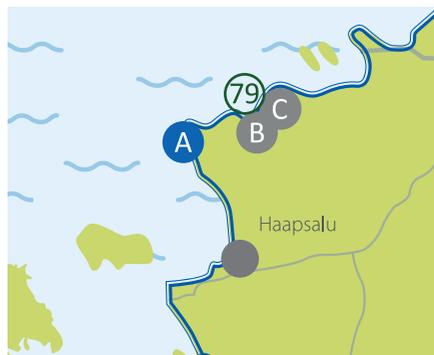
partly accessible (no handrails)

Nearby trails



A Baltic Coastal Hiking Trail Section 52 (Dirhami-Nõva)

16 km, point-to-point,
GPS Lat: 59.20979, Lon: 23.49851



B RMK Liivanõmme study trail

The trail starts and ends at Lake Allikajärv, passing the varied landscape characteristic to this area. There is much to discover both for nature observers and those interested in heritage. The signposted trail runs along the stone road dating from the period of the World War I.

7,5 km, loop,
GPS Lat: 59.21257, Lon: 23.60815

C RMK Liivase ranna - Peraküla study trail

The trail starts and ends at Peraküla campsite, Liivase rand (Sandy beach), goes through the typical landscape of the area. Along the trail you can see both young and older pine forests, sand dunes, swampy areas and lakes.

4,4 km, loop,
GPS Lat: 59.22085, Lon: 23.60385



Photos: Elisabet Maat



Nearby trails



A Baltic Coastal Hiking Trail Section 57 (Kersalu–Laulasmaa)

↔ 12 km, → | C point-to-point, GPS Lat: 59.35211, Lon: 24.16557

B Treppoja Cascade

Treppoja cascade is an interesting and beautiful sight, and easily accessible. There are six up to 1,5 m steps within one hundred meters on this 2–15 m wide territory. The cascade has not been able to form a canyon because of its relatively small amount of water and 'young age'. Treppoja is one of the most beautiful cascades in Estonia and visiting it in the summer or winter is always exciting. A pedestrian bridge has been built for visitors, which is a safe way to enjoy the surroundings. The parking lot is unpaved, and it is next to the pedestrian bridge.

GPS Lat: 59.35009, Lon: 24.26530

C Baltic Coastal Hiking Trail Section 58 (Riguldi–Dirhami)

↔ 19 km, → | C point-to-point, GPS Lat: 59.37450, Lon: 24.23550

D Laulasmaa beach

Laulasmaa beach got its name from the so-called singing sands, which make it a popular place for swimming and sunbathing. The sand on the beach is white and next to a beautiful pine forest. There are ball courts and you can rent beach equipment from the nearby hotel. A surf school operates on the beach. The seaside is an ideal place for sports, as it offers wonderful opportunities for running, cycling, or Nordic walking. From the hotel footpaths and a wooden boardwalk lead to the beach. At the end of the boardwalk there is a place to rest and relax, also a beach bar which is open in summer. The parking lot is paved with asphalt. When you go around the hotel, there is a stone walkway which leads to the wooden boardwalk. The average width of the wooden boardwalk planks is 80 cm. Attention! In spring and autumn part of the path may be flooded. When it is raining the wooden footbridges become slippery.

↔ 0,3 km, → | C out&back, GPS Lat: 59.37503, Lon: 24.23652



RMK Keila-Joa Park

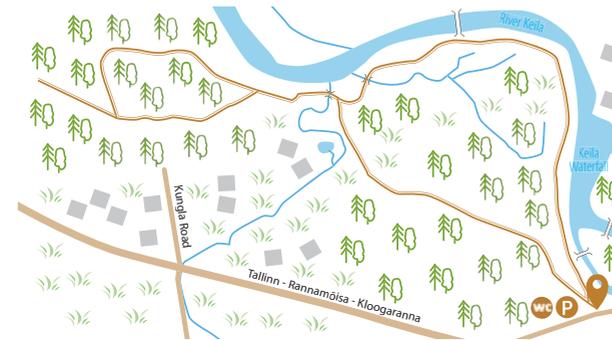
nature trail

80



first 250 m of the route

● ← HAAPSALU 49 km
TALLINN 81 km



📍 KEILA-JOA, LÄÄNE-HARJU MUNICIPALITY, HARJU COUNTY
Suggested starting point:
Parking lot at Keila-Joa Park

GPS Lat: 59.39375, Lon: 24.29468

🕒 2 h

↔ 2,1 km

— Not marked, but can easily follow the trail

⚠️ There are several slopes exceeding 8% and long stairs

→ | C Loop

🚧 Trail with few steep rises or long stairs, trail with obstacles

🌿 Mainly gravel and forest path

🚗 by car



📍 RMK VIIMSI VISITOR CENTRE

T: +372 6767842
E: info.viimsi@rmk.ee
www.loodusegakoos.ee
RMK Mobile App loodusegakoos

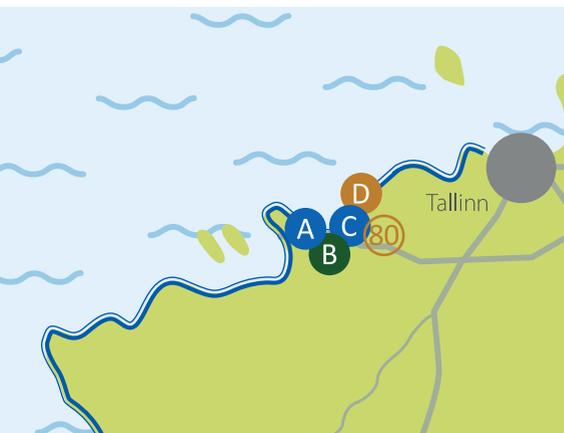
NB! Keila-Joa Park nature trail is not officially an accessible site by RMK.

The English landscape park at Keila-Joa is mainly formed by Mother Nature: there are hills covered with trees that alternate with valleys and meadows. The main attraction of the park is the Keila river with its 6,1 m high and 70 m wide waterfall. The nature trail starts at the parking area, goes along the riverbank, past the waterfall to the spaces of the park closest to the sea, and then returns to the parking area.

All in all, it makes a 2–3 hour walk in a unique park forest. Out of the total 2,1 km only the first 250 m of the route is accessible for a wheelchair or baby stroller. To access the stairs leading to the waterfalls, assistance is needed.



FACILITIES



Photos: Elisabeth Mast



Keila Jõepark

TALLINN 23 km
HAAPSALU 87 km



KEILA, HARJU COUNTY
Suggested starting point:
Parking lot at Harju County Museum
(9 Linnuse, Keila)

GPS Lat: 59.30450, Lon: 24.43984



1 h



2,5 km



Not marked, but can easily follow the trail



Loop

There is a pedestrian bridge where wheelchair users might need assistance. It is also possible to take other routes to avoid the bridge. After heavy rain the route could be flooded. Also there might be some broken trees on the path.



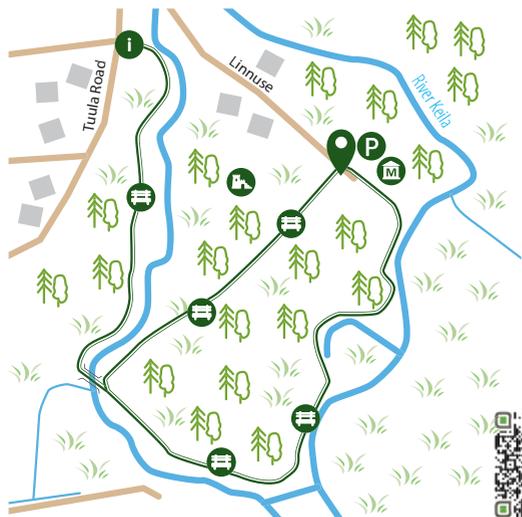
Gravel, forest path



by car



HARJU COUNTY MUSEUM
9 Linnuse, Keila
T: +372 6781668
E: museum@hmk.ee
www.harjumaamuseum.ee



Keila Jõepark (River Park) is located by the Keila river on the territory of the old Keila Manor. The history of the park goes back to the 17th century. On a stroll through the green park one can spot the ruins of a small castle and a pre-historic sacrificial stone. The park is also the home to various bat species. On summer nights one can spot them flying in the park.

FACILITIES

Closest accessible WC at Harju County Museum (during working hours)

Nearby trail

Tuula Sensory Garden

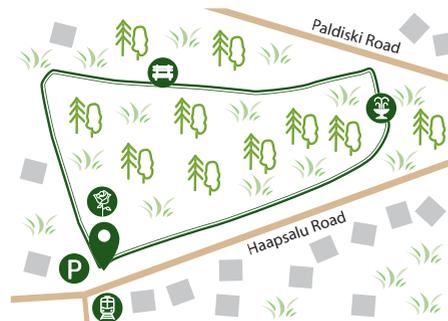
Garden allows visitors to enjoy a wide variety of sensory experiences. The sensory garden is designed for kids, but it offers a great experience for people of all ages. It provides opportunities to stimulate the senses. The garden has a wide range of plants, water features, sculpted handrails etc. The garden is great for people with sensory impairment. The area of the garden is covered with mulch and persons in wheelchairs need assistance.

GPS Lat: 59.27674, Lon: 24.45751



Keila Keskpark

TALLINN 23 km
HAAPSALU 87 km



FACILITIES



Keila Keskpark (Central Park) is a newly renovated park in the heart of Keila. The park has a beautiful rose garden, a fountain and several areas to relax. The park is well accessible. One can choose several routes in the park.



Photos: Elisabet Mast



Nearby trail

RMK Metsanurme-Üksnurme history and nature study trail

The hiking trail starts at Metsanurme village museum and runs along paths and the shore path of the Keila River to Üksnurme Manor. On the trail there is a campfire site with shelter.

9,5 km, Loop, GPS Lat: 59.26677, Lon: 24.66279



KEILA, HARJU COUNTY
Suggested starting point:
Parking area on Haapsalu maantee

GPS Lat: 59.30735, Lon: 24.4173



0,5 h



1 km



Not marked, but can easily follow the trail



Loop



Mainly gravel

by car
by train till Keila stop



The town of Keila,
11 Keskväljak, Keila
T: +372 6790700
E: klv@keila.ee
www.keila.ee

Nearby trails



Photo: Siim Solman



A Kaisma Suurjärve Hiking Trail

The trail runs around Lake Kaisma Suurjärv and gives you the chance to enjoy the beauty of the lake, fens and forests. 1,5 km of the trail is a boardwalk (approximately 80 cm wide). There are many information boards introducing the nature and a watchtower on the trail. The shorter trail until the watchtower (out&back) is accessible to parents with baby-strollers.

↔ 6 km, → | G loop,
GPS Lat: 58.69342, Lon: 24.69157

B RMK Mukri Nature Trail

Trail goes through Mukri bog, passing by several bog pools and lakes, the observation tower offers beautiful views. The parking lot could be muddy.

↔ 2,5 km, → | G out&back,
GPS Lat: 58.74675, Lon: 24.97523

C Järvakandi Health Trails

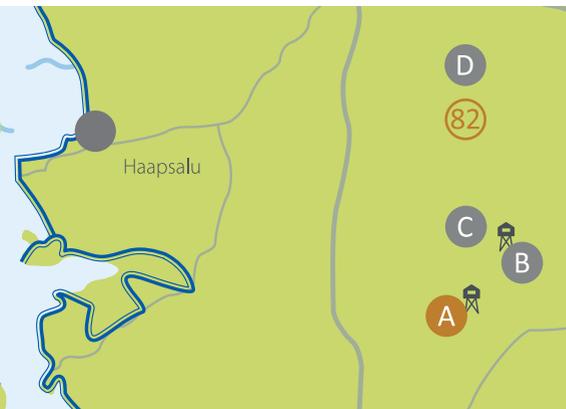
The trail offers several loops through the forest. It is possible to choose two different places as the start and the finish, either Saeveski Street or Järvakandi School. The trails mostly run through pine and mixed forests, mostly on grass or gravel. There is also a small swimming area and an area to rest and relax. Not accessible for wheelchairs or baby strollers. Generally, the trails are easy, but with a few slopes or obstacles that might need some effort for seniors.

↔ 1 km; 2 km and 3 km, → | G loop,
GPS Lat: 58.77556, Lon: 24.80447

D Pirgu Health Trails

The trails are in an old gravel quarry with water bodies. The trail has medium slopes and it runs through forest. At the beginning of the trail there is a various wooden exercise equipment and outdoor exercise machines, a stretching wall, a children's playground, a mini-adventure trail and a recreation area; it is possible to go swimming and play beach volleyball. Not accessible for wheelchairs and not recommended for strollers or elderly people due to several quite steep slopes.

↔ 0,9 km and 2 km, → | G loop,
GPS Lat: 59.11103, Lon: 24.82338



Rapla Vesiroosi Health Trail

82

← TALLINN 50 km
HAAPSALU 89 km

both distances



The trail offers 1 km and 2,7 km loops. The 1 km trail is accessible for wheelchairs (assistant is recommended), the longer trail is not due to several slopes. Part of the trail is lighted. Next to the trail there is the Sadolin Sports Hall.



FACILITIES



RAPLA TOWN
Suggested starting point:
Parking lot at Rapla Vesiroosi
Gymnasium

GPS Lat: 58.99654, Lon: 24.81424

⌚ 0,5 - 1 h

↔ 1 km and 2,7 km

Health trail markings on the shorter trail. The longer trail has no markings, it joins the shorter trail in the end.

⚡ Slopes on the longer trail exceed 8%

→ | G Loop

🌿 Gravel, forest path

🚗 by car
🚌 by bus till Vesiroosi stop



**FOUNDATION
RAPLA SPORT FACILITIES**

T: +372 4857400, +372 55510156
E: info@sadolinspordihoone.ee

**RAPLA TOURIST
INFORMATION CENTRE**

T: +372 4894359
E: turism@raplamaa.ee
www.terviserajad.ee



Photos: Nele Söber

Nearby trails



A RMK Kakerdaja Nature Trail

The nature trail goes over the Kakerdaja bog, passes the Noku campfire site, makes a circle around Lake Kalajärve and comes back to the campfire site.

↔ 3 km or 14 km, → | G loop or out&back,
GPS Lat: 59.18869, Lon: 25.51021

B President's hiking trail at Jäneda

The forest trail starts in Aegviidu and winds its way through Nelijärve to Jäneda. The trail was named after former Presidents of Estonia, Konstantin Päts and Arnold Rüütel, who came here often.

↔ 10 km, → | G point-to-point,
GPS Lat: 59.24403, Lon: 25.68012



Photo: Pure Water Theme Park



Photos: Nele Söber

C Pure Water Theme Park

Theme Park introduces different possibilities to use nature for supporting your health. Nature studies and hiking trips are offered to everybody, disabled people included. People interested in technology can participate in energy-reproducing studies. In the theme park you can also find the therapeutic Sense Garden where you can put into practice your 5 senses – seeing, hearing, smelling, feeling, tasting – and support your health. Wheelchair nature track is in the Forest Park, dating back to the 16th century, with its numerous rare nature objects. Theme park is open advance bookings only and with a fee.

↔ 3 km, → | G loop,
GPS Lat: 59.05619, Lon: 26.00820



RMK Sööriksoo Nature Trail

← TALLINN 60 km

0,7 km out
of 1,5 km

83



KÕRVEMAA LANDSCAPE PROTECTION AREA

Suggested starting point:
Sööriksoo Nature Trail parking lot,
Anija municipality, Harju county

GPS Lat: 59.28506, Lon: 25.61063

⌚ 45 min

↔ 1,5 km

≡ Not marked, but can easily follow the trail

⏚ In the beginning of the trail there is small slope of 6,1–7,5%

→ | G Loop

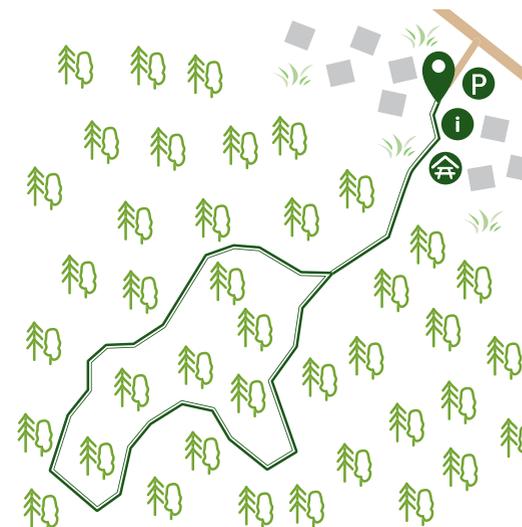
♿ Wooden boardwalk planks (0,7 km trail, width 111 cm), forest path (rest of the trail)

🚗 by car
🚌 by public transport



RMK AEGVIIDU VISITOR CENTRE

7 Jaama, Aegviidu,
Anija municipality, Harju county
T: +372 6047212
E: info.aegviidu@rmk.ee
www.loodusegakoos.ee
RMK Mobile App loodusegakoos



The trail is located in the immediate vicinity of the Aegviidu Visitor Centre. On the trail you can see damp forests and bog landscapes. Cranberry, sundews, tussock cottongrass, white beak-sedge, cloudberry and other plants characteristic to bogs grow here.



FACILITIES



Photo: Nele Söber



Nearby trails

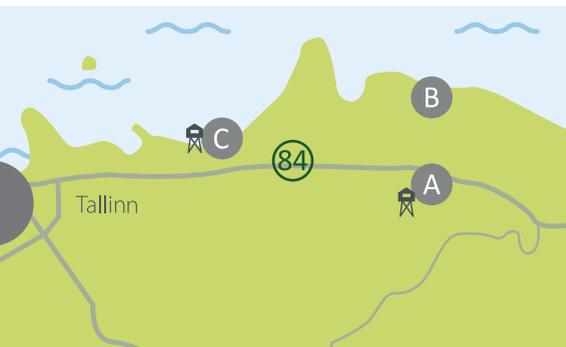


Photos: Nele Sõber

A RMK Viitna Nature Study Trail

The trails introduce various glacial landforms and lakes of different trophicity between kames. As there are quite steep slopes, it is not accessible for wheelchairs nor baby strollers. The longer loop is quite wild during summer – plants are overgrowing. The boardwalk and steep slopes can be slippery during rainy time and off-season. Swimming is allowed only on the northern shore of Lake Pikkjärv in Viitna and at the beach of Lake Linajärv. Fishing is permitted only in Lake Linajärv.

↔ 2,5 km and 7 km, → | ♿ loop,
GPS Lat: 59.44794, Lon: 26.01216



B RMK Oandu Heritage Trail

The trail starts at Oandu Visitor Centre and makes a 3,4 km loop around the village introducing forest-related heritage. When walking around the village, please kindly respect the privacy of the villagers. The trail is not accessible with strollers or people in a wheelchair. Close to the parking lot is Oandu Visitor Centre (accessible with an assistant) and its premises (barn with exhibitions is accessible for all). The dry toilet in the parking lot is accessible (door width 81 cm).

↔ 3,4 km, → | ♿ loop,
GPS Lat: 59.56501, Lon: 26.10199

RMK Oandu Plant Trail

Oandu plant trail is like a natural botanical garden. Surprisingly many different plants can fit into one kilometer. During off-season the trail is wet, muddy and slippery. The trail is marked with green–white signposts. There are many small information boards, a boardwalk and stairs by the lake. The trail is connected with Oandu heritage trail, which takes you to a barn for exhibitions. The trail is easy, but with few slopes that might take some effort for seniors; not accessible with strollers or people in a wheelchair.

↔ 1 km, → | ♿ loop,
GPS Lat: 59.56509, Lon: 26.10044

C RMK Tsitre Trail of Trees

The self-guide trail introduces the most interesting trees planted in the former manor park at the Kolga bay. The trail is not accessible with strollers or wheelchairs. Next to the trail is campsite with many picnic places and grill. Boardwalk at the campsite is accessible for the wheelchairs (ca 150 m, width 1 m). There is accessible dry toilet as well.

↔ 0,5 km, → | ♿ loop,
GPS Lat: 59.51753, Lon: 25.51533



RMK Viru bog nature trail

84

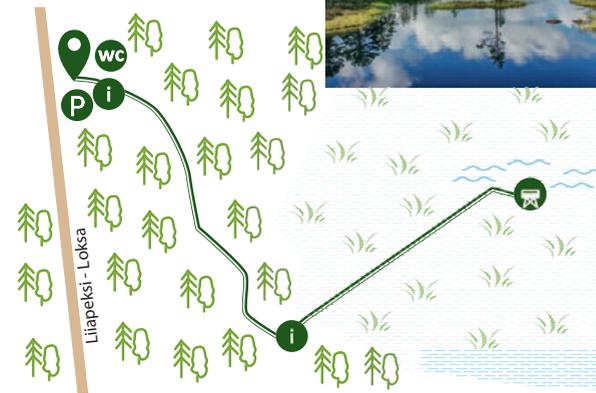


Long



Short

← TALLINN 50 km



The whole trail hiking it loop-type is 6 km long (3,5 km from if hiking point-to-point). The trail introduces the vegetation and terrain characteristic of raised bogs in Estonia. The trail is accessible by wheelchair up to the observation tower (1,4 km, 800 m of gravel cover and 610 m of wide boardwalk). The observation tower's first platform is accessible for wheelchairs with assistance. Dry toilet accessible with wheelchair in the beginning of the trail. The trail is part of the long-distance route RMK Oandu–Aegviidu–Ikla.



FACILITIES



It is possible to swim in the bog swamps



at Kalmeeja campfire site (300 m from the end of the longer trail) – not adapted to wheelchair users

VISITOR CENTRE OF LAHEMAA NATIONAL PARK

Palmse, Haljala Municipality, Lääne-Viru County
T: +372 3295555
E: info.lahemaa@rmk.ee
www.loodusegakoos.ee
RMK Mobile App loodusegakoos

RMK OANDU VISITOR CENTRE

Oandu, Haljala Municipality, Lääne-Viru County
T: +372 6767010, +372 5099397
E: info.oandu@rmk.ee
www.loodusegakoos.ee
RMK Mobile App loodusegakoos

LAHEMAA NATIONAL PARK

Suggested starting point:
Viru bog nature trail parking lot,
Kuusalu Municipality, Harju County

GPS Lat: 59.47089, Lon: 25.63679

1,5 h

Short: 1,4 km (one direction)
Long: 6 km

Not marked, but can easily follow the trail

Some slopes along the way – in some cases the slope exceeds 8%, the slope to the tower is more than 16%

Short: out-and-back
Long: loop

From the parking lot until the dry toilet the trail has tree roots on its surface. Boardwalk can be slippery during rainy days.

Forest path with gravel at first, wooden boardwalk planks later. Gravel track is ca 150–160 cm wide; boardwalk width before the actual trail is 125 cm; the actual trail boardwalk is 114 cm wide; the way to the tower is 103 cm wide.

by car



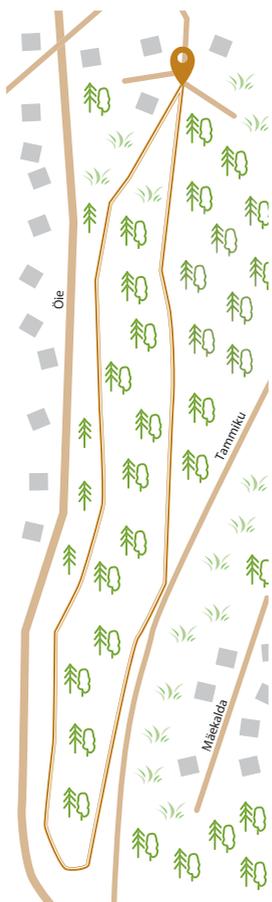


Rakvere

Oak Grove Study Trail



TALLINN 40 km



RAKVERE TAMMIKU LANDSCAPE PROTECTION AREA

Suggested starting point: Tammetõru Street, Rakvere
Tammiku and Õie Streets are recommended too because of the parking options

GPS Lat: 59.34205, Lon: 26.35136



1,5 h

3 km (possible to make shorter loops)

No marking, which makes it difficult to make shortcuts

Loop with different shortcuts

Many all the way (some stretches the slope exceeds 8%)

Stairs from the Street Õie. During rainy weather the path in the forest can be muddy and slippery.

Mainly gravel and forest path

by car
by public transport



RAKVERE TOURIST INFORMATION CENTRE

T: +372 3242734
E: turism@rakvere.ee,
rakvere@visitestonia.com
www.visitestonia.com

FACILITIES



Photos: Nele Sõber

Rakvere Oak Grove Trail, outside the city centre, is a good example for oak trees which are 150–220 years old. Along the trail you will see a wide variety of mosses, plants and trees, and hear and see many birds. The trail will also take you by the cemetery for German soldiers and the 'Okaskroon' (Thorn Crown) memorial to those deported to Siberia by Soviet regime. The protected area has preserved several hundred years old oak trees.

The trail at some points is quite narrow – 80–90 cm, but mostly it is wide enough for strollers. Not accessible for wheelchairs. A few slopes or obstacles might require some effort for seniors.



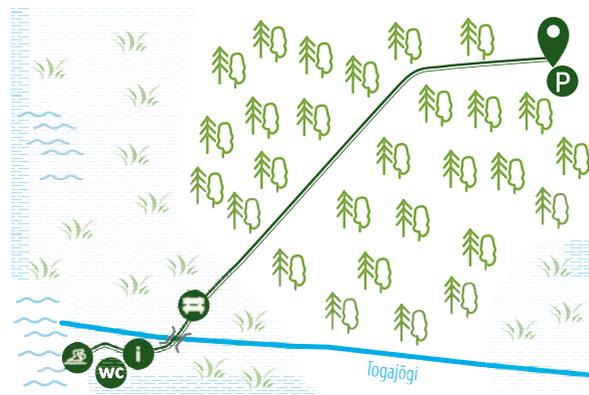
RMK Tudu

Forest Hut

85



TALLINN 144 km



TUDUSOO NATURE RESERVE

Suggested starting point: Tudu forest hut trail, Vinni municipality, Lääne-Viru County

GPS Lat: 59.16740, Lon: 26.78520

The road is kept clear of snow up to the parking area of the forest hut

0,5 h (one way)

0,8 km (one way)

Not marked, but can easily follow the trail

Out-and-back

Wooden boardwalk (width is 121 cm with handrails), gravel at parking lot (a bit uneven surface)

by car



RMK KAUKSI VISITOR CENTRE

Kauksi village, Iisaku municipality, 41998 Ida-Viru County
T: +372 56200080, +372 56815722
E: info.kauksi@rmk.ee
www.loodusegakoos.ee
RMK Mobile App *loodusegakoos*

Tudu forest hut is located deep in the forests of Alutaguse on the shore of the picturesque Tudu bog lake. The former hunting lodge offers a pleasant holiday on the shores of Lake Tudu and a great bathing place in summer. Some sights include Lake Tudu (26,4 ha) and a transition mire, natural regeneration of forest after storms.

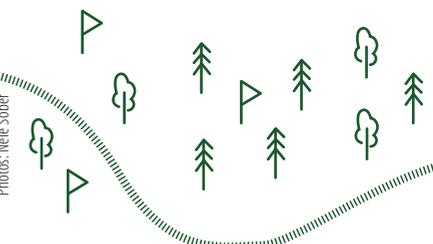
Accessible for people with reduced mobility: a track is built for wheelchair users, and a handrail has been installed for the visually impaired.



FACILITIES



Photos: Nele Sõber



Nearby trails



Photo: Sven Zacek

B Vaivara historical trail

8 km route can be taken in the 'blue hills', where a key World War II battle took place. You will see places associated with the war along this trail. Information about trail you can get in Vaivara museum in Sinimäe.

↔ 8 km, → | G loop,
GPS Lat: 59.37277, Lon: 27.87361



Photo: Sven Zacek

C Valaste hiking and study trail

Valaste trail runs along the Ontika Landscape Protection Area. 700 m of the trail runs in a cliff forest on a boardwalk. In addition, there is about 55 m of descent and just as many metres of ascent. There are several information boards on the trail introducing the Ontika limestone cliff and the surrounding area. The forest is rich for insects and bats. The Valaste Waterfall is also on the trail.

↔ 1,5 km, → | G out&back,
GPS Lat: 59.44394, Lon: 27.33488

D Saka Klindimõisa hiking trail

The trail starts from the territory of Saka Manor and runs on the limestone shore and by the sea. On the trail, you can see the limestone cliff, blue clay deposits, the forest under the limestone cliff, and Kivisilla waterfall. You can climb to the roof of the former border guard lookout tower, where you can enjoy the sea view.

↔ 3 km, → | G loop,
GPS Lat: 59.43771, Lon: 27.17788

A Narva Pähklimäe health trail

Pähklimäe is named after the hazel trees (walnut trees) that are common here. There are several information boards and children's playground.

↔ several trails 1 - 4 km, → | G loop,
GPS Lat: 59.39202, Lon: 28.16611

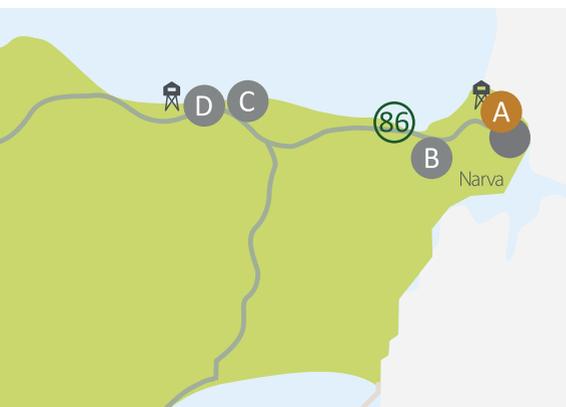


Photo: Ingrid Arming



C

C

C

C



Sillamäe Sea Promenade

86



← TALLINN 174 km



Photo: Sillamäe city



The sea promenade is the main connector of the area near the beach and the historical center city. A multi-level seven-meter-long lookout tower, a beacon, wooden terrace platforms, ball fields, children's playgrounds, sitting places, grilling spots have been built on the promenade.

Next to the sea promenade is spacious Mere boulevard, which is located between the ceremoniously decorated houses. The view from the square downwards is so breathtaking, that it can be compared to Odessa. From both sides the boulevard is bordered by houses with facades decorated in new classicistic style. In the lower part of the boulevard, parallel to the sea, flows the River Sõrke, which runs into the sea after 200 m.



FACILITIES



Photo: Sven Zacek



Photo: Sillamäe city

SILLAMÄE, IDA-VIRU COUNTY
Suggested starting point:
Parking lot on Ranna Street

GPS Lat: 59.39855, Lon: 27.76612

⌚ 1 h

↔ 0,9 km

— Not marked, but can easily follow the trail

→ | G Point-to-point

🌳 Brick paving

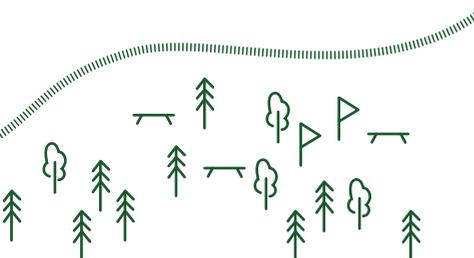
🚗 by car



SILLAMÄE TOURIST INFORMATION POINTS

T: +372 3925700
E: turism@sillamae.ee
(Sillamäe Museum, 17a Kajaka, Sillamäe Cultural Centre, 24 Keskk)

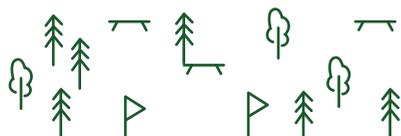
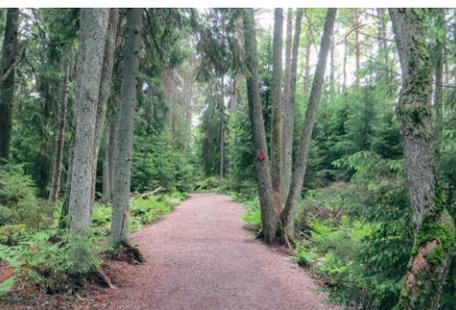
Nearby trails



GPS Lat: 59.99209, Lon: 24.43977

There are several parking lots along Porkkalantien and Tullandintie

FACILITIES     



THE PORKKALA CAPE

The Porkkala Cape consists of rocky shores, pine forest, and beautiful view-points overlooking the sea. Porkkala is a popular picnic destination and the vast area also is ideal for trail running or short hikes. The Porkkala cape stretches far out to the sea and is one of the best places to watch arctic birds migrate. Seabirds thrive in the area due to its rich and diverse habitat.

On the western side of the Porkkala Cape, there are three 2-4 km long marked trails and by combining trails, you can extend your hike even longer. Along the trails, you can find six campfire sites and seven dry toilets. Visitors are kindly asked to stick to the marked trails to prevent ground erosion. Information boards can be found in the parking lots.

www.uuvi.fi/en/area/porkkalanniemi/
www.nationalparks.fi/porkkala



Porkkala Cape

Viewing Platform

← HELSINKI 45 km

87



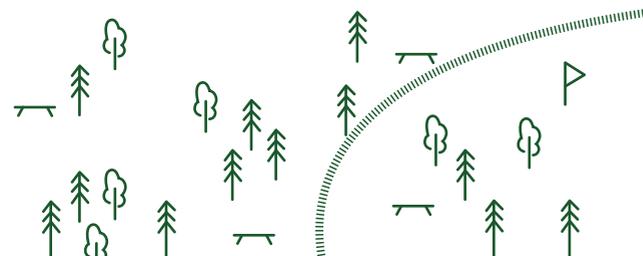
Spend a relaxed day by the sea in one of the most beautiful seascapes on Finland's coast. In the spring and autumn, when migratory birds fly over the area in large flocks, the area turns into a birdwatcher's paradise. Porkkala is a culturally and naturally rich treasure of Helsinki region.

The Haahka parking lot is about 120 m to the viewing platform. The trail and platform are handicap-accessible. The first trail follows graveled road for about 95 m, width at least 2,5 m. Then trail turns right, towards shore. This stretch is about 25 m long and at least 1,2 m wide. The size of the platform is 8 x 4 m. There is a handicap-accessible dry toilet beside the parking lot.



FACILITIES



 **PORKKALA RECREATION AREA, KIRKKONUMMI**
 Suggested starting point:
 The Haahka parking lot on Omsatuntie Road

GPS Lat: 59.97765, Lon: 24.39334

 IV-XI, 24/7

 0,5 h

 0,1 km (one way)

 The trail is marked with wooden poles on top of which is a brown and white symbol of handicap-accessible service

 Out-and-back

 Gravel

 by car

 E: uuvi@uuvi.fi
www.nationalparks.fi/porkkala



Nearby trails

THE ESPOO WATERFRONT WALKWAY

Laajalahti is one site along the Espoo Waterfront Walkway (40 km), "Espoon Rantaraitti". It offers hundreds of different points of interest which vary from historic hotspots to beautiful views of nature. You can choose a walking route or take a bike path. In addition to the swimming beaches and boat harbours, there are other interesting places along the path, such as scheduled archipelago boats - for a trip to the islands - and birdwatching towers.

www.visitespoo.fi/en/service/espoo-waterfront-walkway



Laajalahti Nature Trail

← HELSINKI 10 km



Several entrances

FACILITIES



LAAJALAHTI NATURE RESERVE, ESPOO

Suggested starting point:
Villa Elfvik parking lot, Elfvikintie 4

Lat: 60.20203, Lon: 24.82263

IV-XI, 24/7

1 h

1 km

Marked with blue wooden squares

Loop

Along the loop through the reeds, the trail has a 13 m long slope with a 9 % steepness at the other end of the wooden boardwalk.

The ramp to the birdwatching tower is divided into five stretches, altogether 31 m, steepness varies between 8-11% and there are resting areas in between. Width of the ramp is 1.3 m. Railing follows the ramp all the way to the first floor.

The ramp to the nature centre Villa Elfvik is 6 metres long, with an incline 20%.

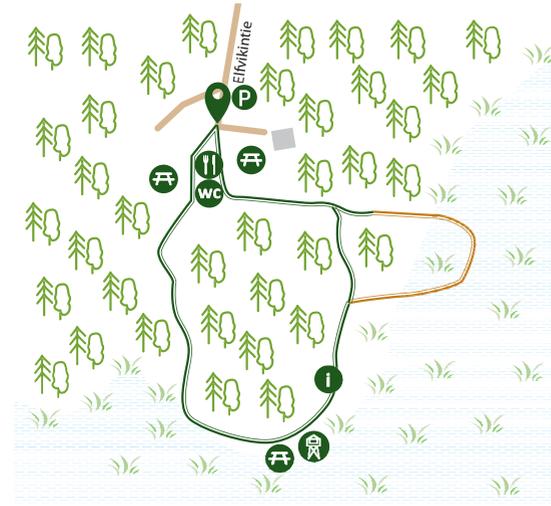
Gravel (width 1,2 m), wooden boardwalk (width 1,05 m)

by car



NATURE HOUSE VILLA ELFVIK, ESPOO

E: villaelfvik@espoo.fi
www.espoo.fi/naturehousevillaelfvik
E: rannikko@metsa.fi
www.nationalparks.fi/laajalahti



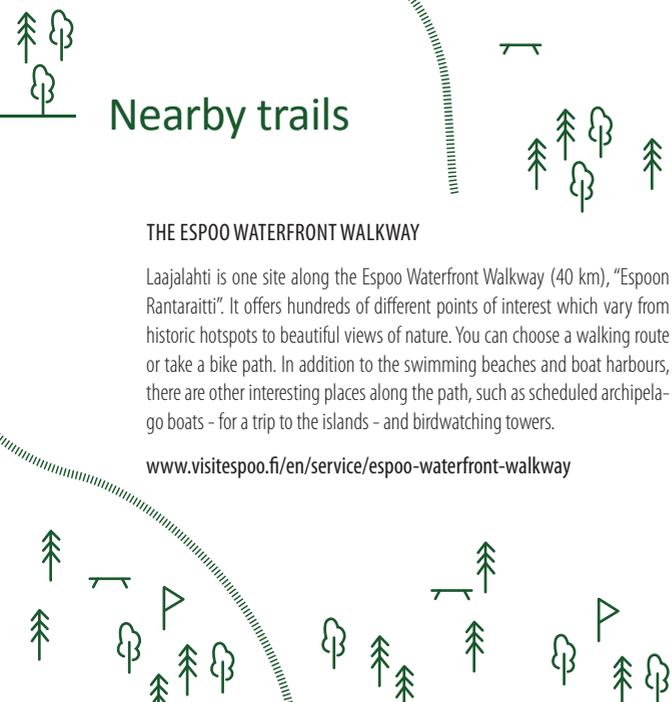
Laajalahti is one of the best bird wetlands within the Helsinki-Espoo-Vantaa metropolis. It is a fantastic place to observe birds both during migration and at other times. The nature reserve's trail and birdwatching tower offer the perfect services for a day trip. You may also want to see Espoo's Nature House Villa Elfvik.

The accessible trail is about 1 km long and at least 1,2 m wide. It is possible to do an extra loop (230 m) through the bed of fascinating reeds. The stretch of the reed is covered with a 1,05 m wide wooden boardwalk with a few resting places where you may pass by other visitors. On this stretch, visitors in wheelchairs need an assistant due to a slope at the other end of the wooden boardwalk. Elsewhere, an assistant is not needed. There are information boards along the trail. The first floor of the birdwatching tower is accessible, as is the Nature House itself.



FACILITIES

- behind the official parking lot, closer to the nature centre Villa Elfvik, there are labelled handicap-accessible parking spaces for two cars
- cafe, open during weekends
- flush toilet, accessible during opening hours of Villa Elfvik
- birdwatching tower, first floor handicap-accessible



Nearby trails



SIPOONKORPI NATIONAL PARK

The woodlands of Sipoonkorpi lie within easy reach of the Finnish capital, surrounded by rolling fields and picturesque villages; Sipoonkorpi National Park is a mixture of wilderness areas and traditional landscapes. Sipoonkorpi's peaceful settings are a welcome green haven for local townies, especially in late summer and autumn when anyone can come here to gather plentiful wild mushrooms and berries. Almost all woodland mammal and bird species of Southern Finland can be found in this national park.

Sipoonkorpi National Park can be reached via six access points along its perimeter. The length of its trails vary and altogether, it has over 20 km of marked trails. Also available are cooking shelters, campfire spaces, dry toilets and lean-to shelters. Beside hiking, you may enjoy, for example, jogging, geocaching, climbing and cycling. At the end of your trip, you may taste traditional smoke saunas and modern electric saunas heated daily at Café Kuusijärvi (cafekuusijarvi.fi), where swimming is also possible year-round.

www.nationalparks.fi/sipoonkorpi



Photo: Reijo Nenonen



Photo: Reijo Nenonen



89



GPS
Lat: 60.31456, Lon: 25.11233

for cafekuusijarvi.fi;
several other entrances

FACILITIES



Storträsk Trail

← HELSINKI 20 km

89



SIPOONKORPI NATIONAL PARK, VANTAA

Suggested starting point:
Tasakallio parking lot, Tasakalliontie 1

GPS Lat: 60.28067, Lon: 25.15638

OPEN IV-XI, 24/7

Hourglass icon 1 h (one way)

Double-headed arrow icon 1 km (one way)

Orange line icon Orange wooden squares

Out-and-back icon Out-and-back

Mountain icon There are some inclines and descents (10–24%). There are ramps to a handicap-accessible toilet (4 m) and to wood storage (7 m). The width is 1 m and steepness 14%.

Ditch icon Due to the topography, rainwater may sometimes create small ditches along the trail.

Gravel icon Gravel. Rain may occasionally create small ditches and transport gravel into small mounds.

Car icon by car
Bus icon by bus



FINNISH NATURE CENTRE HALTIA
T: +358 40 163 6200

E: info@haltia.com, www.haltia.com
E: rannikko@metsa.fi

www.nationalparks.fi/sipoonkorpi

Fishing permits, Lake Storträsk:

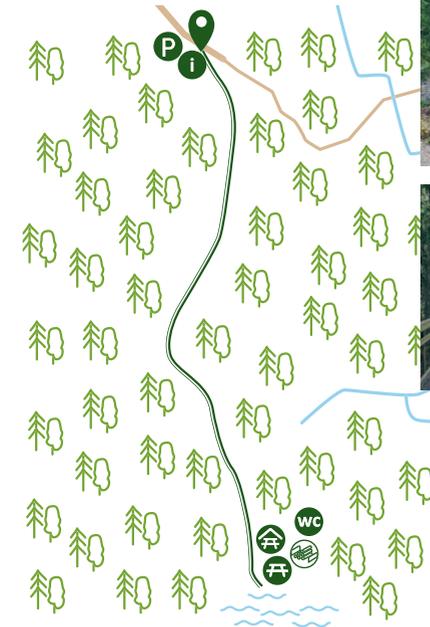
Café Kuusijärvi, T: +358 10 322 7090

E: info@cafekuusijarvi.fi

www.cafekuusijarvi.fi/english

@finnishparks (in English)

@luontoon.fi (in Finnish)



The Storträsk trail lies within easy reach of the Finnish capital and belongs to the Sipoonkorpi National Park. The forests of Sipoonkorpi are surrounded by rolling fields and picturesque villages.

The handicap-accessible trail to Lake Storträsk is 1 km, one way. In the parking lot you find labelled sites for handicap-accessible parking. The width of the trail is at least 1,2 m. Due to some inclines and descents, the trail is demanding and an assistant is needed for visitors in wheelchairs. There are several resting places along the trail. Beside the lake, you will find handicap-accessible amenities: a toilet, cooking shelter and picnic tables.

FACILITIES



Nearby trails



Photo: Katri Lehtola



Photo: Katri Lehtola



Photo: Katri Lehtola



GPS Lat: 60.29375, Lon: 24.55770

Finnish Nature Centre Haltia

FACILITIES



NUUKSIO NATIONAL PARK

Within easy reach of the Finnish capital, you can escape into wild natural settings and enjoy typically Finnish scenery, with lovely lakes, green forests and rugged crags. The nearby Finnish Nature Centre Haltia spotlights the best of Finland's natural treasures from across the country. The easiest way to get to know Nuukio National Park is by hiking on marked trails, circle trails and other routes. In Nuukio, you can also enjoy nature, for example, by bike and on horseback. Pick an interesting route and find your way into nature!

www.nationalparks.fi/nuukio



90

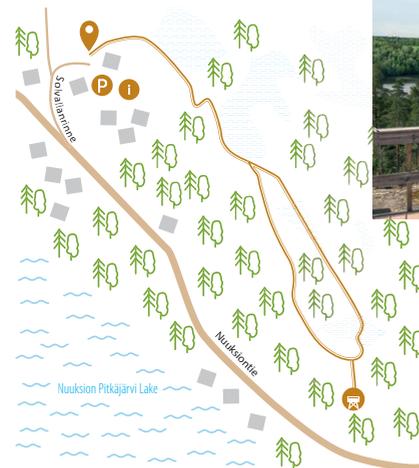


Maahisenpolku

Trail



← HELSINKI 33 km



ESPOO
Suggested starting point:
Solvalla's upper parking lot,
Nuuksiontie 82

GPS Lat: 60.29550, Lon: 24.55869

OPEN IV-XI, 24/7

1,5 h

2 km

Wooden poles with white tops on top of a brown and white symbol for accessibility

Loop

There are several slopes with inclines of more than 8%. The gradient varies between 9 and 15%. The length of the slopes varies between 10 and 26 m. After the sport pitch there is an Y-crossing where you can choose between right (western) and left (eastern) sides of the loop. By taking the right side of the fork, you end up encountering more inclines. After hiking to the top of them, you reach the viewing platform. By choosing the left side of the fork, you encounter only two inclines of more than 8%.

At some points, water has eaten the sides of the trail, leaving them round. Occasionally, the drop can be over 0,5 m.

Gravel

by car
by bus



Maahisenkierros (Gnome's Trail) trail (2 km) is beside the accessible Finnish Nature Centre Haltia in Nuukio, near Nuukio National Park. The trail offers a great nature experience for persons in wheelchairs or with children's pushchairs or prams – and for everyone else as well.

Due to the inclines of the terrain, persons in wheelchairs need to be accompanied by an assistant; the trail is a demanding one. Some of the stretches have support railings. The width of the trail varies between 1 and 2 m. There are picnic tables for taking a break along the trail. The highlight is a lookout point with a viewing platform (4 x 9 m) at the halfway point of the trail. There you can enjoy the picturesque scenery of Nuukio's Lake Pitkajärvi.



FACILITIES



closest accessible flush toilet is in the Finnish Nature Centre Haltia, 200 metres from the parking lot



FINNISH NATURE CENTRE HALTIA

T: +358 40 163 6200

E: info@haltia.com

www.haltia.com

E: rannikko@metasa.fi

www.nationalparks.fi/nuukio

Nearby trails

NUUKSIO NATIONAL PARK

Within easy reach of the Finnish capital, you can escape into wild natural settings and enjoy typically Finnish scenery, with lovely lakes, green forests and rugged crags. The nearby Finnish Nature Centre Haltia spotlights the best of Finland's natural treasures from across the country.

The easiest way to get to know Nuukio National Park is by hiking on marked trails. Both beginners and experienced hikers will find suitable outdoor destinations among multiple nature trails, circle trails and other routes. In Nuukio, you can also enjoy nature, for example, by bike and on horseback. Pick an interesting route and find your way into nature!

www.nationalparks.fi/nuukio



GPS Lat: 60.29375, Lon: 24.55770

Finnish Nature Centre Haltia

FACILITIES



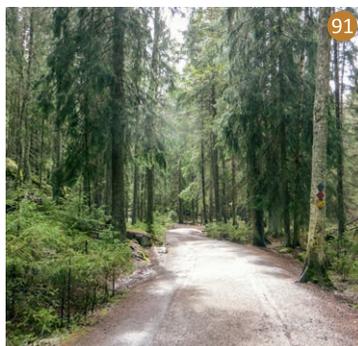
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91



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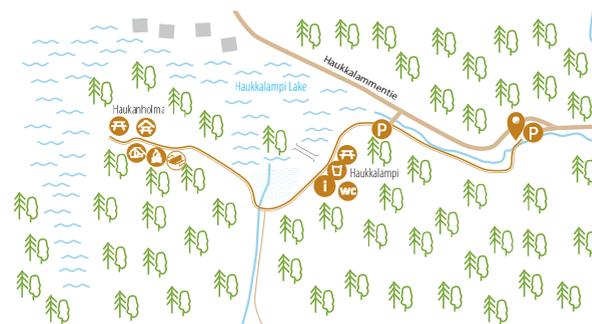
Haukanholma

91

Trail



← HELSINKI 34 km



NUUKSIO NATIONAL PARK, ESPOO
Suggested starting point: Haukalampi parking lot, Haukkalamentie 32

GPS Lat: 60.30947, Lon: 24.52038 (larger parking lot)
Lat: 60.30979, Lon: 24.51709 (small parking lot)

IV-XI, 24/7

2,5 h

1 km (one way)

Wooden poles with white tips, the top features a brown and white symbol to indicate accessibility

Out-and-back

There are two inclines with slopes of more than 8%. The gradient in both is 17%. This stretch can be avoided by parking in the smaller parking lot, which unfortunately is often full. The other incline is just before Haukanholma, leaving the wood storage under the hill and cooking shelter and campfire pit above it. The length of the slope is 20 m.

Along the slope close to the parking lot, the sideways gradient is 18% around one curve.

Mostly hard gravel. The surface is normally hard, but after rainfall, some points may be softer for a while.

by car

no trash bins at Haukanholma
trash bins at Haukalampi

FINNISH NATURE CENTRE HALTIA
T: +358 40 163 6200
E: info@haltia.com, www.haltia.com

The accessible trail from Haukalampi's larger parking lot to the Haukanholma resting area is 1 km long, and from the smaller one 0,7 km long. Trail is mostly at least 2 m wide.

The narrowest point is by the gate and on the ramp to the accessible dry toilet (both 1,1 m).

With a wheelchair, you need an assistant because the trail is demanding due to the inclines at the beginning and at the end of the trail.

After the first 450 m from the larger parking lot, or after the first 250 m from smaller parking lot you reach Haukalampi. There you will find an accessible toilet and accessible picnic tables, non-accessible recycling point and non-accessible water tap. A non-accessible Guide Hut, Haukanpesä, is open during the summer.

The trail continues another 500 m until it reaches Haukanholma. Cooking shelter, campfire pit and wood storage are non-accessible. Lighting a campfire in the cooking shelter is also allowed during a forest fire alarm.



FACILITIES

At Haukalampi:

information boards and non-accessible Haukalampi Guide Hut
accessible dry toilet at Haukanpesä

non-accessible water tap at the Haukalampi Guide Hut

At Haukanholma:

cooking shelter, also for use during forest fire alarm

not handicap-adapted

Nearby trails



TEIJO NATIONAL PARK

Teijo National Park's attractions include peaceful lakes and forests, as well as historic ironworks villages where traditional crafts still thrive. From these picturesque settlements, you can head straight out to explore the lakes, seashores, marshes and forests of the national park - and go hiking, canoeing fishing or biking. You can get a good taste of Teijo on a day trip, but it's also well worth staying over - out in the wilds under a starry sky, or in cosy lodgings in a charming village.

There are about 50 km of marked trails in Teijo National Park. Most of the trails are 2-8 km long, and suitable for day trips, but by combining them it is possible to make a hiking trip that lasts for a weekend. Biking Route "Rannikkoreitti" passes Teijo National Park and also MTB enthusiasts find service in this region. Charming iron works villages offer accommodation for every economy, from simple Bed & Breakfast to a comfortable hotel.

www.nationalparks.fi/teijo
www.rannikkoreitti.fi/en



Photo: Jasmin Järvelä



Photo: Jasmin Järvelä



Photo: Jasmin Järvelä



92



GPS

Lat: 60.20995, Lon: 22.93622

Teijo Nature Centre

FACILITIES



Jeturkarsti Trail

HELSINKI 135 km
 TURKU 90 km

92



TEIJO NATIONAL PARK, SALO
 Suggested starting point:
 Jeturkasti parking lot, Skoilantie 354

GPS Lat: 60.20178, Lon: 22.93285

OPEN IV-XI, 24/7

⌚ 0,5 h (one way)

↔ 0,7 km (one way)

▬ Marked with orange wooden squares

↔ Out-and-back

⚠ Along the trail to Jeturkasti ancient shore there are three stretches where steepness is over 8%. Close to the parking lot is a 12% incline, length 18 m. The next rise is 30 m long, 11% and close to the ancient seashore the trail rises for 36 m, a slope of 12%.

🐾 Gravel

🚗 by car



TEIJO NATURE CENTRE
 T: +358 (0)10 292 4032
 E: info@naturaviva.fi
www.naturaviva.fi
 E: rannikko@metsa.fi
www.nationalparks.fi/teijo
 @teijonkansallispuisto

You can get a good taste of Teijo National Park on a day trip visiting accessible trails at Jeturkasti and at Kariholma, but it's also well worth overnighting in cosy lodgings in the charming villages of Mathildedal and Kirjakkala.

The 700 m long and 2 m wide Jeturkasti trail ends at the ancient seashore of Jeturkasti. Assistance for the disabled will be needed due to few inclines and descents. There are a few benches along the trail. By the ancient shore there is a small viewing platform (1.5 x 4.2 m) at the end of the 17 m long and 1 m wide wooden boardwalk.



FACILITIES



WC closest accessible toilet is at the Nature Centre of the Teijo National Park, at Matildanjärvi, 2 km towards the Mathildedal village from the Jeturkasti parking lot.

Nearby trails



Photo: Jari Kostet



93



Photo: Jari Kostet



93

TEIJO NATIONAL PARK

Teijo National Park's attractions include peaceful lakes and forests, as well as historic ironworks villages where traditional crafts still thrive. From these picturesque settlements, you can head straight out to explore the lakes, seashores, marshes and forests of the national park - and go hiking, canoeing fishing or biking. You can get a good taste of Teijo on a day trip, but it's also well worth staying over - out in the wilds under a starry sky, or in cosy lodgings in a charming village.

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www.nationalparks.fi/teijo
www.rannikkoreitti.fi/en

GPS Lat: 60.20995, Lon: 22.93622

Teijo Nature Centre

FACILITIES

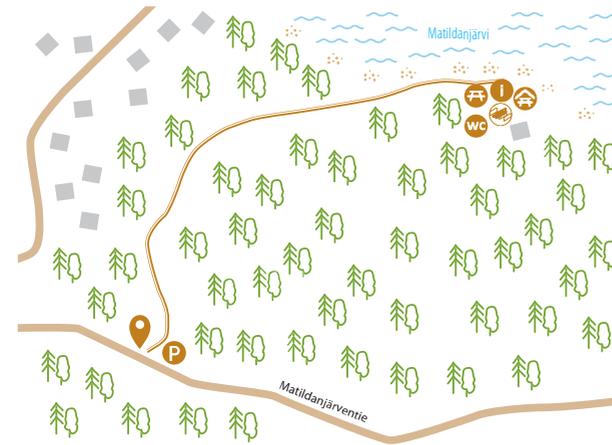


WC Accessible toilet is at the Nature Centre of the Teijo National Park, at Matildanjärvi



Kariholma Trail

HELSINKI 135 km
TURKU 90 km



You can get a good taste of Teijo National Park on a day trip visiting accessible trails at Jeturkasti and at Kariholma, but it's also well worth overnighting in cosy lodgings in the charming villages of Mathildedal and Kirjakkala.

The 600 m long and 2.5 m wide Kariholma Trail ends at the shores of Lake Matildanjärvi. An assistant is needed with a wheelchair due to few inclines and descents. There are few benches along the trail. By the shore there is an accessible cooking shelter and firewood shelter, an accessible dry toilet and an accessible boat stage. From the stage, you may fish provided that you have a fishing permit. Lighting campfire in the cooking shelter is also allowed during a forest fire alarm.

FACILITIES



fishing permit required (at the Nature Centre or on the internet)

accessible cooking shelter, also during a forest fire alarm



93



TEIJO NATIONAL PARK, SALO
Suggested starting point:
Kariholma parking lot,
Matildanjärventie 20

GPS Lat: 60.20970, Lon: 22.92527

IV-XI, 24/7

0,5 h (one way)

0,6 km (one way)

Marked with orange wooden squares

Out-and-back

Starting from the parking lot, the trail goes down towards the shore. The first descent is 17 metres long, with a slope of 12%. The second descent is the longest, 68 m, with a slope of 9% and the last near the shore; 54 m, a slope of 16%. Just before the boat stage there is a 25 m descent, a slope of 14%.

Gravel

by car



TEIJO NATURE CENTRE

T: +358 (0)10 292 4032

E: info@naturaviva.fi

www.naturaviva.fi

E: rannikko@metso.fi

www.nationalparks.fi/teijo

@teijokansallispuisto

Fishing permits, Lake Matildanjärvi:

www.eraluvat.fi/en/fishing.html

Nearby trails



LIESJÄRVI NATIONAL PARK

Along the trails in the northern part of Liesjärvi National Park, you can enjoy scenic forests and lakes. What makes this National Park unique is the Korteniemi Heritage Farm, where you find out how people used to live in rural Finland. The farm is situated on the southern side of the national park. Help out with farm chores, count sheep, and make hay while the sun shines!

www.nationalparks.fi/liesjarvi

GPS

Lat: 60.65412, Lon: 23.89396

FACILITIES



cottages
for renting



Photo: Maarit Vahteranoksa



TORRONSUO NATIONAL PARK

Within 20 minutes' drive, you find Torronsuo National Park and Finland's deepest bog and sturdy boardwalk trails. A high birdwatching tower offers exquisite views over the vast open bog, which is visited by many migrating cranes and geese in spring and autumn. During winter, cross-country skiers come to the bog to explore the wide open, white wintry scene.

www.nationalparks.fi/torransuo

GPS Lat: 60.73705, Lon: 23.57651

FACILITIES



Photo: S.M. Hukkamäki

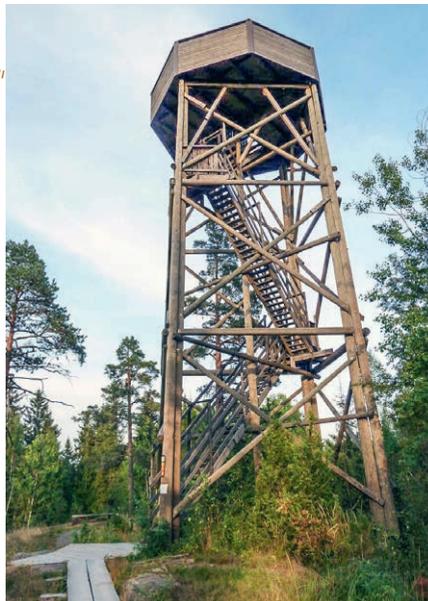


Photo: Jaska Häiltunen

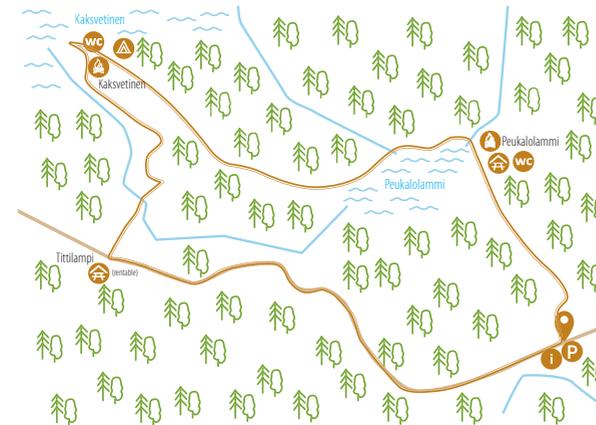


Photo: Sammari Raitilainen



Peukaloisen Polku Trail

HELSINKI 94 km
FORSSA 26 km



Lakes and scenic forests dominate the northern part of Liesjärvi National Park. One can easily spend half day or longer on the Peukaloisenpolku Trail – possibly even overnight there enjoying the landscape. The trail is one of the longest accessible trails in Southern Finland, though it is demanding, as it features a few points with inclinations, so assistance is needed for visitors in wheelchairs.

The trail begins at Peukalampi parking lot. When travelling clockwise, the first stretch (1,5 km) follows a 2,5 m wide graveled road. This stretch ends at Tittilampi, which is a rental campsite with accessible service for groups; a hut, a dry toilet and a fire pit.

From Tittilampi trail continues along a 2,5 m wide graveled road for another 800 m until a rest area called Kaksvetinen. An accessible campfire place, a Lapp hut and a dry toilet are situated beside a beautiful lake. Staying overnight is an option in the Lapp hut, as is lighting a campfire during a forest fire alarm.

The stretch of trail from Kaksvetinen to the rest area by Peukalolampi is 1,2 km long. Beautiful forests surround you the whole way.

At Peukalolampi the accessible campfire place and toilet are situated on top of the small hill. From there, the trail follows a 2,5 m wide road to the parking lot. The length of this section is 600 m.



FACILITIES



a Lapp hut rentable



LIESJÄRVI NATIONAL PARK, TAMMELA

Suggested starting point:
Peukalolampi parking lot,
Katavalammintie

GPS

Lat: 60.69567, Lon: 23.87480



IV–XI, 24/7



2,5 h



4,5 km



White wooden square with coloured
hoop inside



Loop



Between the parking lot and Kaksvetinen there are few slopes over 8%. The section from Kaksvetinen to Peukalolampi is mostly easy and gentle, featuring only a few short, mostly 5 m long slopes, inclination varies between 10 and 14%. Peukalolampi resting place sits on a small hill; inclinations on both sides are 12% and 13%. Along the road from Peukalolampi to the parking lot, inclination exceeds 8% at four points, being at most 16%.



Gravel



by car



T: +358 (0) 0206 39 5270
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www.nationalparks.fi/liesjarvi

Nearby trails

TORRONSUO NATIONAL PARK

In Torrnsuo National Park, you will find Finland's deepest bog along sturdy boardwalk trails. A high birdwatching tower offers exquisite views over the vast open bog, which is visited by many migrating cranes and geese in the spring and autumn. In the winter, cross-country skiers come to the bog to explore the wide open, white wintry scenery.

www.nationalparks.fi/torrnsuo

LIESJÄRVI NATIONAL PARK

Within 20 minutes' drive, you will find Liesjärvi National Park, which represents a different kind of Finnish nature; scenic forests and lakes. What makes this National Park unique is the Korteniemi Heritage Farm, where you will discover how people used to live in rural Finland. Help out with farm chores, count sheep, and make hay while the sun shines!

www.nationalparks.fi/liesjarvi



Photo: Vesa Nikkanen



Photo: Maarit Vaaherankoski



Photo: Maarit Vaaherankoski



Photo: Maarit Vaaherankoski



GPS
Lat: 60.73705, Lon: 23.57651

FACILITIES

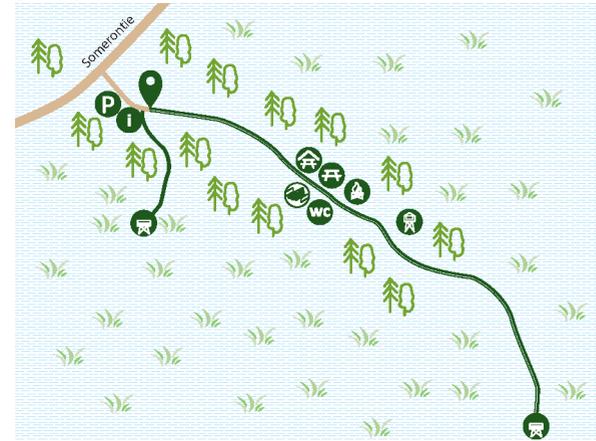


Kiljamon Reitti Trail

95



← HELSINKI 109 km
TAMPERE 107 km



TORRONSUO NATIONAL PARK,
TAMMELA
Suggested starting point:
Kiljamo parking lot, Somerontie 732

GPS Lat: 60.73702, Lon: 23.57723

IV-XI, 24/7

1 h (one way)

0,1 km + 0,7 km (one way)

Not marked, but can easily follow the trail

Out-and-back (both)

Along the longer trail, there is only one stretch with an incline above 8%, just before the wooden boardwalk; 10% (26 m). The length of the inclines may prove challenging. The trail from the parking lot to the resting area with facilities rises steadily for 330 m. In turn, from the stretch from the rest area to the wooden boardwalk trail is a constant descent of 230 m. The gradient of both stretches is 8% or less.

Length of the slopes

The parking lot is covered with hard gravel. The shorter trail is covered with a wooden boardwalk. The longer trail is mostly hard gravel. At the end, there is a wooden boardwalk.

by car



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www.nationalparks.fi/torrnsuo

Torrnsuo is famous for having the deepest bogs in Finland. The thickest peat layers are more than 12 m.

There are two accessible trails starting from the Kiljamo parking lot; a shorter one (0,1 km) and a longer one (0,7 km). On the shorter one, there is a 1,2 m wide wooden boardwalk all the way to a viewing platform. At three points (each 3 x 3 m), you may rest or pass by others. Along the longer trail, the first stretch leading to the resting place is at least 2,5 m wide and 330 m long. There you will find an accessible cooking shelter, a campfire pit and campfire site. The wood storage is not accessible. After the resting place, the trail slowly descends for about 230 m towards the mire; the width of the trail is at least 2 m. The last section (100 m) with a wooden boardwalk is 1,2 m wide, ending at the viewing platform (4 x 3 m).



FACILITIES



Nearby trails

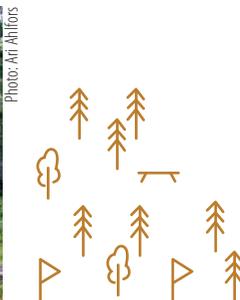


Photo: Hanna Vitälö

KURJENRAHKA NATIONAL PARK

Within easy reach of the historic town of Turku, the forests and marshes of Kurjenrahka are home to many wild animals and birds, including stately long-legged cranes and curious woodland owls. The marked trails of Kurjenrahka National Park (www.nationalparks.fi/kurjenrahka), together with the larger hiking trail networks 'Kuhankuonoon retkeilyreitistö' and 'Suokullan reitti' (www.kuhankuono.fi), make up almost 300 kilometres of trails. There are many loop trails suitable for half-day hikes, but the trail networks and facilities also allow for longer walks and overnighting.



GPS Lat: 60.73989, Lon: 22.41580

FACILITIES



Accessible dry toilet in the Kurjenpesä and in Rantapiha areas

Photo: Vesa Nikkanen



Karpalopolku Trail

HELSINKI 170 km
TURKU 35 km

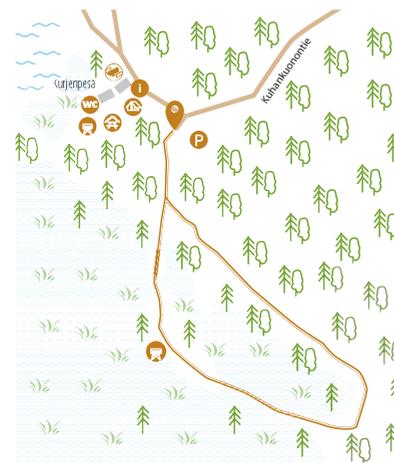


Photo: Jari Kostet



KURJENRAHKA NATIONAL PARK
Suggested starting point:
Kurjenpesä parking lot,
Kuhankuonontie 67, Pöytyä

GPS Lat: 60.73983, Lon: 22.41533

OPEN IV-XI, 24/7

2,5 h

1,7 km

Wooden yellow squares

Loop

If the trail is followed clockwise, there is one incline that exceeds 8% along the longer stretch in the forest. Going up the incline is a slope of 10% (40 m in length). On the way down, the descent is also 10%, but at two separate points. The length of the first is 8 m, the second is 10 m. The second place where the incline exceeds 8% is by the viewing platform, where the wooden boardwalk descends along the trail for about 30 m.

Parking lot - even and hard gravel. Gravel, wooden boardwalk.

by car



E: rannikko@metsa.fi
www.nationalparks.fi/kurjenrahka
@kurjenrahkanationalpark



Within half an hour's drive from the city of Turku to Kurjenrahka National Park, your setting changes from busy town life to a slower pace of uninhabited forests and marshes. Along the Karpalopolku Trail, your senses are filled with the aromas of the marshes and with the sounds of the forests. And however often you visit the national park, the sensations are always unique. Along Karpalopolku, you also see the famous Kuhankuono Stone, a border stone of seven communes.

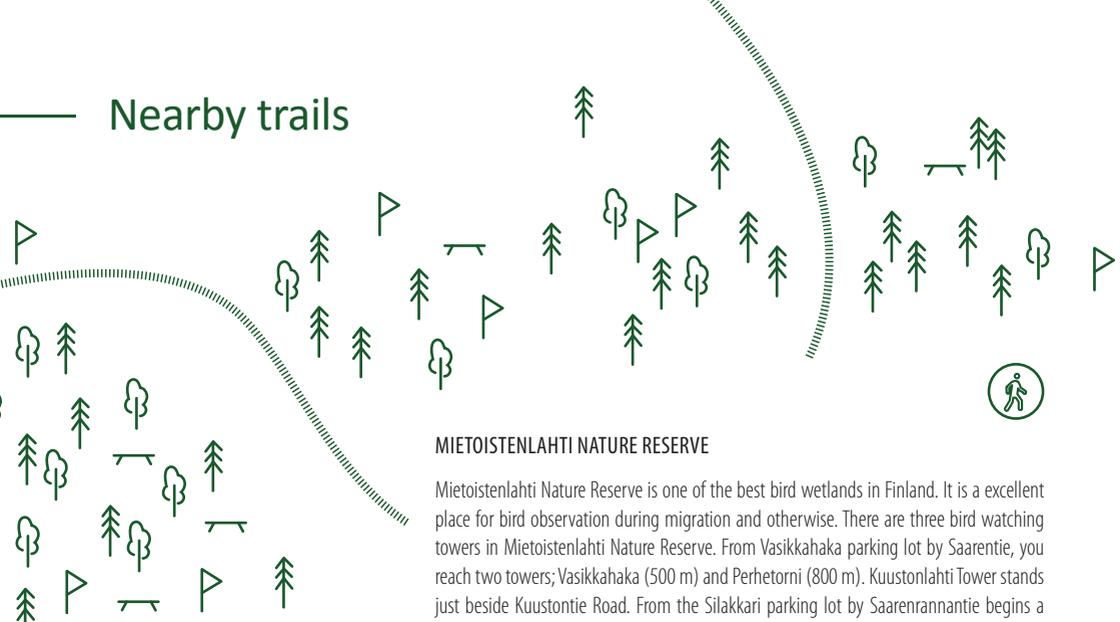
Along the Karpalopolku Trail, there is both a wooden boardwalk (0.3 km) and a graveled path (1.4 km), in different sections. The trail is at its narrowest (just 1.1 m wide) along the stretches of wooden boardwalks. The trail undulates gently, both vertically and horizontally. Due to inclines, assistance is needed for visitors in wheelchairs. There are a lot of benches for resting along the trail. The viewing platform on the forest islet beside the marsh is a good place for a picnic.

Leading away from the parking lot is another 100 m long trail to the Kurjenpesä area. There you can find accessible services like a cooking shelter, the Nature Information Hut, a dry toilet and a viewing platform from which you can enjoy the scenery of Lake Savojärvi. There is also a tentsite.

FACILITIES



Nearby trails



MIETOISTENLAHTI NATURE RESERVE

Mietoistenlahti Nature Reserve is one of the best bird wetlands in Finland. It is a excellent place for bird observation during migration and otherwise. There are three bird watching towers in Mietoistenlahti Nature Reserve. From Vasikkahaka parking lot by Saarentie, you reach two towers; Vasikkahaka (500 m) and Perhetorni (800 m). Kuustonlahti Tower stands just beside Kuustontie Road. From the Silakkari parking lot by Saarenrannantie begins a handicap-inaccessible trail (400 m) to Silakkari, which is a good place for both birdwatching and picnics by the sea.

GPS Lat: 60.63085, Lon: 21.85564

FACILITIES

- Handicap-accessible dry toilet beside the parking lot along Saarentie Road.



Silakkari

Viewing Platform

← HELSINKI 187 km
TURKU 24 km



Mietoistenlahti is one of the best bird wetlands in Finland. The Silakkari viewing platform just off of Saarenrannantie Road is next to the Silakkakari parking lot and is handicap-accessible. The ramp is 23 m long, in two sections. The width is 1,2 m. The size of the platform is 3 x 8 m. The platform provides a view over a grazed field near Mynälahti Bay.



FACILITIES

- closest handicap-accessible dry toilet beside the parking lot along Saarentie Road, distance: 0,8 km.

MIETOISTENLAHTI NATURE RESERVE
Suggested starting point:
Silakkari parking lot, Saarenrannantie

GPS Lat: 60.62678, Lon: 21.84951

IV-XI, 24/7

0,5 h

Not marked

Out-and-back

On the ramp to the viewing platform, the incline is 8%. The ramp is 23 m long, in two sections.

Gravel at the parking lot

by car



E: rannikko@metsa.fi
www.nationalparks.fi/
mietoistenlahti



Nearby trails



MIETOISTENLAHTI NATURE RESERVE

Mietoistenlahti Nature Reserve is one of the best bird wetlands in Finland. It is a fantastic place for bird observation, both during migrations and at other times. There are three birdwatching towers in Mietoistenlahti Nature Reserve. From the Vasikkahaka parking lot by Saarentie, you can reach two towers; Vasikkahaka (500 m) and Perhetorni (800 m). Kuustonlahti Tower is located right beside Kuustontie Road. From the Silakkari parking lot by Saarenrannantie, a handicap-inaccessible trail (400 m) begins to Silakkari, which is a good place for both bird observation and picnics by the sea.



GPS Lat: 60.63085, Lon: 21.85564

FACILITIES



i **wc** Handicap-accessible dry toilet beside the parking lot along Saarentie Road.



98



98



98



98



Vasikkahaka Trail

98



← HELSINKI 170 km
TURKU 35 km



MIETOISTENLAHTI NATURE RESERVE
Suggested starting point: Vasikkahaka parking lot, at Saarentie

GPS Lat: 60.63107, Lon: 21.85525

OPEN IV-XI, 24/7

⌚ 0,5 h (one way)

↔ 0,5 km (one way)

— Not marked, but can easily follow the trail

↔ Out-and-back

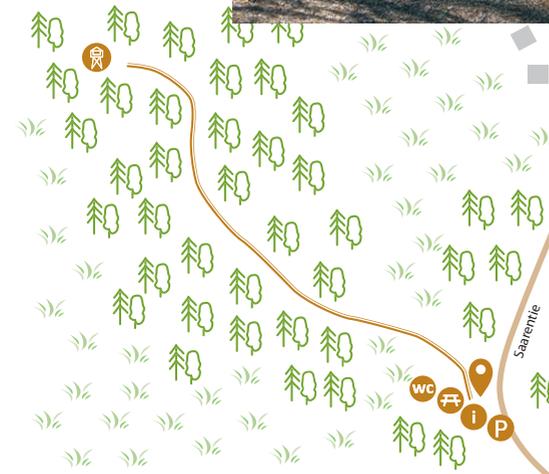
⚡ The trail is demanding and at four points the incline of the slope is over 8% (14% (42 m), 15% (42 m), 10% (31 m) and 14% (14 m))

🌿 Gravel

🚗 by car



i E: rannikko@metso.fi
www.nationalparks.fi/mietoistenlahti



Mietoistenlahti Nature Reserve is one of the best bird wetlands in Finland. Vasikkahaka trail (500 m) is handicap-accessible but due to its slopes, an assistant is needed for visitors in wheelchairs. At the end of the trail is an observation tower which is not accessible by wheelchairs, however, beside the tower, the view over Mynälahti Bay is beautiful. The width of the trail is mostly 1,2 m or more, the narrowest singular point is 0.9 m. There is a table and a handicap-accessible dry toilet by the parking lot. There are information boards and a few benches along the trail.



FACILITIES

P **🚗** **🚻** **i** **wc** accessible dry toilet beside the Vasikkahaka parking lot



Nearby trails



Photos: Ari Ahlfrans



99

Photo: Mikael Nordstrom

PUURIJÄRVI AND ISOSUO NATIONAL PARK

Puurijärvi and Isosuo National Park is a recommendable place to visit for bird enthusiasts. The bird sanctuary gives you time to slow down, stop, look and listen. Climb up to the roofed birdwatching tower on Kärjenkallio, one of the largest in the Nordic countries, with room for around 50 people. The birdwatching towers on the southern side of Lake Puurijärvi, in Muttilahti and on the northern side, in Ahvenus, are approximately four metres high. A nature watching tower is located also on Isosuo Mire. On the Isosuo Mire there is also a nature trail (2 km in length) introducing visitors to the mysteries of the marshland. In Puurijärvi and Isosuo National Park, you can easily spend half a day or longer.

www.nationalparks.fi/puurijarvi-isosuo



GPS
Lat: 61.28056, Lon: 22.56480

FACILITIES



Kärjenkallio Trail

99



← HELSINKI 186 km
TAMPERE 66 km



PUURIJÄRVI AND ISOSUO NATIONAL PARK, KOKEMÄKI
Suggested starting point:
Kärjenkallio parking lot, Yttiläntie 981

GPS Lat: 61.28063, Lon: 22.56509

OPEN IV-XI, 24/7

0,5 h (one way)

0,4 km (one way)

Orange wooden squares

Out-and-back

There are four points where incline is over 8%. Near the parking lot is the steepest and longest incline when heading to the tower; 11% and 42 m. At the rest of the three points, the gradient varies between 9 and 10% and the length varies between 12 and 16 m.

Gravel

by car



E: rannikko@metsa.fi
www.nationalparks.fi/puurijarvi-isosuo

This national park protects a peaceful oasis of wild marshlands and lake-shores rich in bird life in a region primarily dominated by farmland. Bring your binoculars and scan the skies to search for the park's many winged inhabitants while enjoying the ever-changing natural scene.

The beginning of the trail leading from Kärjenkallio parking lot to the birdwatching tower is suited for use by disabled visitors though an assistant is needed for visitors in wheelchairs. This 400 m long and 2 m wide stretch is demanding due to its inclines and descents. After 400 metres, you find an accessible viewing platform (4 x 13 m) with a ramp where the width is 1.05 m. Beside the platform, you will find information boards about the area. There are some resting places along the route. There is an accessible dry toilet at the parking lot and tables both at the parking lot and at the viewing platform.



FACILITIES



Photo: Helmi Karhunen



Nearby trails

YYTERI SILT AREAS

On the routes by the coast of the Bothnian Sea in the Pori region, you get to admire meadow and silt areas packed with birds, grass areas and coastal forests. The Yyteri silt areas are an excellent spot for watching the migration of Arctic species. Thousands of migrating birds stop at the silts to eat and rest, which makes it easy to observe them.

There are more than fifteen (15) nature observation towers and platforms with free entry year-round to delight birdwatchers and everyone interested in nature. The City of Pori maintains nature trails which are partly located in the Bothnian Sea National Park area. The routes are marked with signposts, and the silt area has wooden boardwalks.

www.visityyteri.fi/en/palvelut/yyteri-hiking-trails-2/



GPS
Lat: 61.53841, Lon: 21.56612

FACILITIES



Photo: Anssi Riihimäki



Photo: Anssi Riihimäki



Langoura

Viewing Platform

HELSINKI 241 km
TAMPERE 120 km

100



BOTHNIAN SEA NATIONAL PARK, PORI

Suggested starting point:
Huhtala parking lot, Huhtalanraitti 206

GPS Lat: 61.53828, Lon: 21.56625

OPEN IV-XI, 24/7

⌚ 0,5 h

↔ 0,1 km (one way)

— Not marked, but can easily follow the trail

↔ Out-and-back

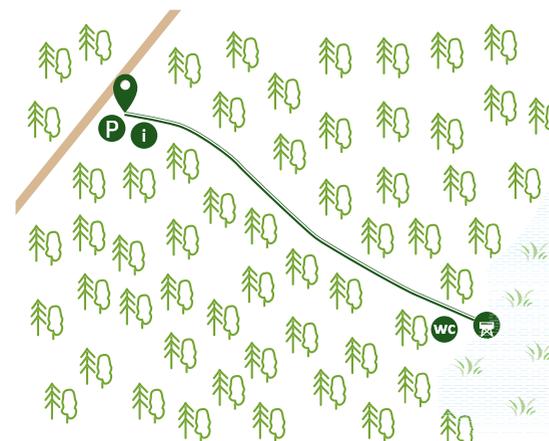
↗ The viewing platform has a slope of 8%. The width is 1,2 m and the length is 45 m. The ramp is divided into six stretches, each 6-8 m long with resting areas in between. There is a railing all the way to the platform.

🌳 The parking lot and the nearly all of the trail are covered with hard gravel. The 15 m stretch before the ramp is flat forest path where the surface can be softer after heavy rain.

🚗 by car



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www.nationalparks.fi/bothniansea



The seashores in the Pori region are famous for the rich bird life which can be observed from several bird watching towers and platforms. The City of Pori maintains nature trails in the Yyteri silt area that are partly located in the vicinity of the Bothnian Sea National Park. The handicap-accessible viewing platform at Langoura is one of them.

From the viewing platform, there is a view over Huhtala Bay, which has plenty of variety of birds from April to September. The route from the parking lot to the platform is 100 m long and handicap-accessible. The average width of the path is 1,5 m. The ramp to the platform is 45 m long, though divided into stretches, and the width of the ramp is 1,2 m. The size of the platform is 5 x 6 m. There is a handicap-accessible toilet beside the platform.



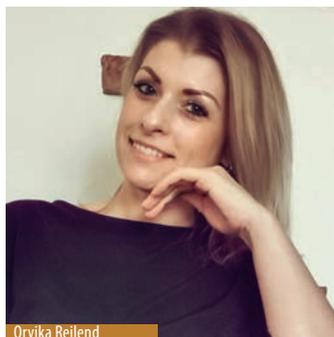
FACILITIES



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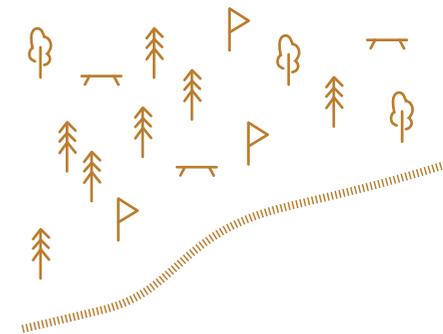
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The contents of this Guidebook are the sole responsibility of Kurzeme Planning Region and can under no circumstances be regarded as reflecting the position of the European Union.





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